



**FOOD DAY CANADA
CELEBRATE WITH
HOMEGROWN FOODS**

{page 20}

**ON THE MARCH
MARCHAND TO LEAD
NATAL DAY PARADE**

{page 5}



**NO TRUE LOVE
SKARSGARD BACK
ON THE PROWL
AFTER SPLIT**

{page 18}



HALIFAX

metro®

Thursday, July 28, 2011
www.metronews.ca



News worth
sharing.

Council trimmed to 16

- Utility and Review Board relies on public opinion and comparative analysis in justifying HRM council cuts
- Councillor reaction divided on regulator's decision to eliminate seven representatives



**ALEX
BOUTILIER**
@METRONEWS.CA

Halifax regional council's recommendation to maintain the current number of councillors and districts has been denied.

In a decision released yesterday morning, the Nova Scotia Utility and Review Board ruled in favour of reducing the size of the council to 16, plus a mayor. There are currently 23 representatives who sit around the council table.

Three main factors were cited in the decision: Public opinion, a comparative analysis of similarly sized Canadian municipalities and a recommendation from council's own governance committee to limit the number of councillors to 20.

"In the board's view, a reduction of council to 20 members is not sufficient," reads the 48-page decision.

"However, the board hesitates to reduce the council size too much ... (concluding) that 16 councillors and polling districts (plus the mayor) is an appropriate

size for (the Halifax Regional Municipality)."

The municipality will now begin the process of redrawing district boundaries — on a tight timetable. The UARB must approve the new district boundaries before the municipal election next year.

Mayor Peter Kelly expects that process to be complete in the next six to eight weeks.

Kelly welcomed the board's decision, as it reflects the same council makeup he advocated for at the UARB hearings.

He said he does not believe reducing the number of councillors will limit citizen engagement with local politics.

"We're one municipality... Everybody wants to ensure their views and voices are heard," said Kelly.

"It may change some of the lines of boundaries, but at the end of the day it will enhance, I think, the overall operation and the services back to the residents."

More coverage {page 3}



► Mayor Peter Kelly speaks to reporters inside the council chambers at city hall yesterday. The Utility and Review Board ruled yesterday council will shrink to 16 councillors plus the mayor.

GMC CHEVROLET
EMPLOYEE PRICING
YOU PAY WHAT GM EMPLOYEES PAY **EVENT**



YOUR HALIFAX GM HEADQUARTERS
O'REGAN'S
DRIVING HIGHER STANDARDS
CHEVROLET | BUICK
GMC | CADILLAC

2477 ROBIE STREET, HALIFAX
422-8551 • OREGANSONROBIE.COM

ATLANTIC CANADA'S AWD Headquarters

2005 Outback 2.5i



AC,PW,PL,TW,CC,AW,CD,
HTD FRONT SEAT, ALLOYS,

\$12,995
2778T

2008 Outback Touring



AC,PW,PL,TW,CC,AW,CD, ALLOYS
POWER SUNROOF, FOG LIGHTS

\$19,995
0720P

2008 Outback Touring



AC,PW,PL,TW,CC,AW,CD,
SPOILER

\$19,995
0366P

2007 Impreza 2.5i



AC,PW,PL,TW,CC,AW,CD,SR
ALLOYS

\$13,995
1674P

2007 Impreza 2.5i



AC,PW,PL,TW,CC,AW,CD
ALLOYS

\$13,995
3028P

2007 Impreza SE



AC,PW,PL,TW,CC,AW,CD,SR,
SPOILER, POWER SUNROOF

\$14,995
3425P

2007 Impreza SE



AC,PW,PL,TW,CC,AW,CD, ALLOYS,
SPOILER, POWER SUNROOF

\$13,995
6965P

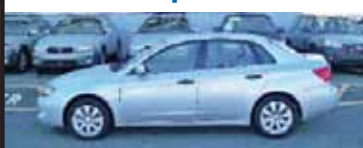
2008 Impreza 2.5i



AC,PW,PL,TW,CC,AW,CD,

\$16,995
4021P

2008 Impreza 2.5i



AC,PW,PL,TW,CC,CD

\$15,495
3503P

2007 Impreza 2.5i



Air Conditioning,
Power Windows,
Power Locks, CD,

\$11,995

4821P

2008 Impreza 2.5i



5 SPEED MANUAL, AC,PW,PL,
TW,CC,AW,6CD

\$12,995
9641P

2008 Impreza 2.5i



AC,PW,PL,TW,CC,CD

\$16,995
1145P

2008 Impreza 2.5i



AC,PW,PL,TW,CC,CD

\$16,995
7672P

2008 Impreza 2.5i



AC,PW,PL,TW,CC,CD,

\$16,995
9161P

2008 Impreza Sport



AC,PW,PL,TW,CC,AW,CD,ALLOYS

\$17,495
1076P

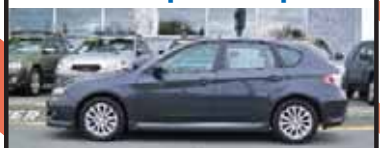
2008 Impreza Sport



AC,PW,PL,TW,CC,AW,CD,ALLOYS,
FOG LIGHTS

\$15,995
5032P

2008 Impreza Sport



AC,PW,PL,TW,CC,AW,6CD,HTD
SEATS,FOG LIGHTS, 76,000 KMS

\$16,895
1417P

2008 Impreza Sport



AC,PW,PL,TW,CC,CD,ALLOYS,
SPOILER,FOG LIGHTS

\$17,995
5278P

2008 Impreza Sport



AC,PW,PL,TW,CC,AW,6CD,
SPOILER

\$17,995
3295P

2008 Impreza WRX



AC,PW,PL,TW,CC,AW,CD,HTD
SEATS,FOG LIGHTS

\$23,995
3428P

2008 Impreza WRX



AC,PW,PL,TW,CC,AW,CD,HTD
SEATS,FOG LIGHTS

\$23,995
4020P

FULLY RE-CONDITIONED...CARPROOF CERTIFIED

FEES AND TAXES EXTRA

Steele

SUBARU | DARTMOUTH

670 Portland Street
Dartmouth, NS, B2W 2M8
Ph: 902.466.2835
www.steelesubaru.ca



SUBARU

Haligonians' thoughts are with Norway

The Norwegian flag is at half-mast on the HMCS Sackville this week, as Halifax mourns the victims of Norway's recent tragedies.

Details of a memorial service have been released. The service will be held next Thursday, Aug. 4, at 7 p.m. at Saint Mark's Anglican Church on Russell Street in Halifax.

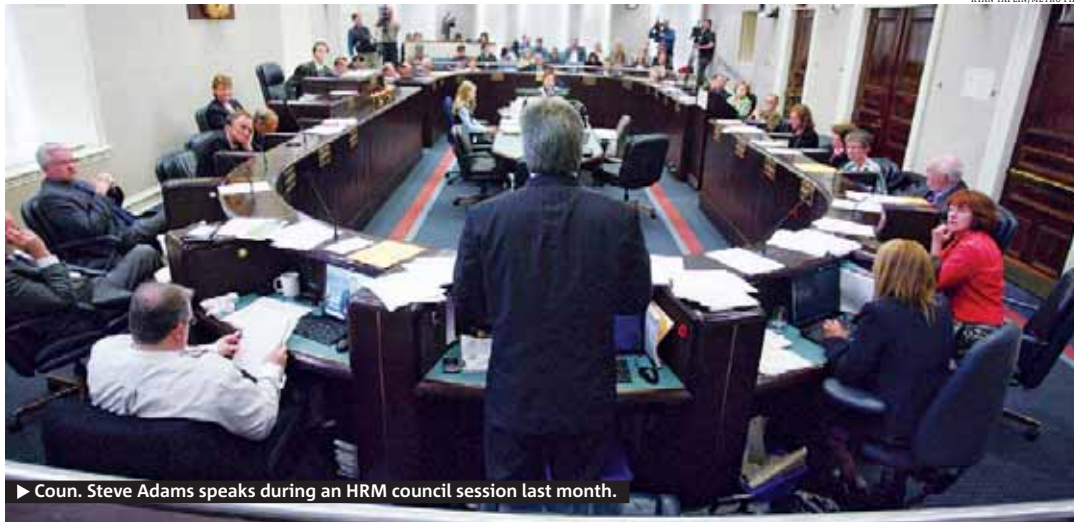
Books of condolences were placed around the city yesterday for people to express their sympathies in writing. They are available at the Maritime Museum of the Atlantic in Halifax, HMCS Sackville docked on the Halifax Waterfront, the Royal Norwegian Consulate in Dartmouth and in Lunenburg. The books will be sent to Norway after the memorial service.

"Our thoughts are with the people of Norway and all our friends there," wrote Lynda Mallett and Stuart Reddill in one of the books.

The pages of the book at the Maritime Museum of the Atlantic were covered with signatures and notes from around the world, including two from Oslo, Norway, the city of Friday's tragic bombing.

"Stand fast, Norway," wrote Dan Collins from Halifax.

Nova Scotia has a large Norwegian community, and Canada and Norway share a historic friendship dating back to the Second World War. Lunenburg was home to a training camp during the war, Camp Norway, a connection echoed in some of yesterday's inscriptions. ● RACHEL WARD



► Coun. Steve Adams speaks during an HRM council session last month.

'Bigger issues' than smaller council: Prof

► Cutting councillors only one step to reform: Outhit ► Barkhouse fears reducing council will limit public participation in democracy



ALEX BOULIER
@METRONEWS.CA

Reaction to the decision to cut seven electoral districts from the Halifax Regional Municipality was mixed yesterday.

Proponents of a smaller council welcomed the news as the first step in reforming Halifax's municipal governance, while opponents bemoaned a perceived loss in citizens' democratic access.

But whatever side you fall on, according to Prof. Tom Urbaniak, the move to 16 councillors from 23 should not be

"I think the Utility and Review Board is ... sensing a malaise with respect to local government and local governance. And I think there is a certain hope, perhaps a wishful hope, that the change in the number of councillors will shake things up a little bit." CBU PROF. TOM URBANIAK

overestimated.

"Let's be honest: this is a minor issue in the scheme of things," said Urbaniak, who teaches political science at Cape Breton University.

"If you really want to reform local government, you have to put some bigger issues on the table."

Those "bigger issues,"

according to Urbaniak, include what powers are ascribed to the mayor and chief administrative officer, the role of community councils, and the responsibilities of a councillor.

It's a sentiment echoed by Bedford Coun. Tim Outhit.

"This is just the first part of a package of re-

forms that's required to get HRM ready for the next 16 years," said Outhit, citing more power to community councils and the oft-mentioned issue of tax reform.

"We've got to move past this and move on to other issues."

But Woodside-Eastern Passage Coun. Jackie Barkhouse worries the move will limit citizen engagement.

"Municipal councils are meant to be grassroots democracy," said Barkhouse. "I think that the impact of (the UARB's) decision will not support that."

1

news


Restaurant owners are making a beeline for rooftop hives. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



Adrenaline junkies can look down on Toronto from way up the CN Tower's EdgeWalk. Video at metronews.ca

Enfield
Home
hardware
building centre

264 Hwy #2 - Enfield
902 883 2266

Only 15 minutes from the city!

WEEKEND SAVINGS START HERE!
AND EVEN MORE GREAT DEALS IN-STORE!

5/8" Hammer Drill

5.0 amp, 0-2900 rpm, hammer drill or drill only modes. Includes case.

Regular \$82.99

\$49.77

#1240-829

2 Pack Entrance & Deadbolt Combination

Keyed alike, polished brass.

Regular \$59.99

\$23.97

#2328-342

30" Ceiling Fan with Light

Regular \$39.99

\$19.97

#3829-450

Visit enfieldhardwareclearance.com for more great deals

Man lying on exit ramp killed

A man was lying on an exit ramp on Tuesday night when he was run over and killed, according to RCMP investigators.

A car drove over him while entering Lower Sackville by exit 2 on Highway 101, said RCMP spokesperson Sgt. Bridgit Leger.

"At the time the victim was struck, he was actually lying in the road," she said.

The man was pronounced dead at the scene.

A power outage and heavy rain made visibility poor when RCMP responded to a 911 call at 10:30 p.m.

The driver, a 19-year-old female, was questioned and released without charges, and Leger said charges probably won't be laid.

"It's important to note

that in this instance, charges are not expected," she said.

The victim was a 31-year-old man from Chipman, N.B., a small village at the head of Grand Lake in Queens County.

His name won't be released until next-of-kin are notified, and Leger said an autopsy has been scheduled.

● RACHEL WARD

One injured after 5-car incident

A man is in hospital with serious injuries following a five-vehicle accident early yesterday morning.

The 23-year-old Bedford man was outside his car when a flat-bed truck collided with his red Ford Focus.

The flat-bed truck hit the car and the driver, who was outside his car at the time his car was hit, said RCMP spokesperson Sgt. Bridgit Leger.

His car was out of gas, investigators found.

RCMP arrived to the crash site on Highway 101 inbound to Bedford, before the exit to Highway 102 near the rifle range.

"The flat-bed truck hit the Focus, spun around, and came to rest against the median," said Leger.

The median broke, throwing concrete at two cars in the outbound lane,

causing damage to the vehicles but no injuries. Another car was damaged while stopped at the original collision site.

It was dark and raining lightly that morning, but Leger said investigators had not noted visibility was poor.

That section of the highway was shut down until 1 p.m. yesterday.

● RACHEL WARD

Cod population rebounding

► Atlantic cod numbers up off Nova Scotia coast ► Overfishing of groundfish leading up to the 1990s resulted in restructuring of entire food webs now dominated by forage fish



ALY THOMSON
HALIFAX@METRONEWS.CA

The Atlantic cod is making a comeback off the coast of Nova Scotia.

A new study has found that groundfish such as cod, pollock and haddock on the Eastern Scotian Shelf are showing promising signs of recovery since their dramatic collapse two decades ago, said Kenneth Frank of the Bedford Institute of Oceanography.

"It was felt that those stocks and the food chains supporting it might never recover, so we're happy to report that we're beginning to see the initial signs of recovery of this ecosystem," said Frank, lead author of the study.

Frank said the recovery of bottom-dwelling fishes was prevented by an increase in forage fishes, which were eating the eggs of the groundfish.

"What has happened now is that the forage fishes have settled down to a

"A groundfish fishery is a possibility in the future. The trick will be to balance it with the other fisheries that have developed in the absence of cod, like shrimp and snow crab."

KENNETH FRANK, BEDFORD INSTITUTE OF OCEANOGRAPHY

more normal level, and this is the window of opportunity that seems to be promoting the better survivorship of the young (groundfish)," said Frank.

All this suggests major changes to marine ecosystems can be reversed with time, he said.

But it is not all good news. Frank said that although we're seeing more of the fishes, their size has decreased significantly.

"Haddock, for instance, is about half the size it was



► Oceanographer Kenneth Frank scoops up a pollock inside the fish lab at the Bedford Institute of Oceanography yesterday.

historically. We're concerned that the growth rates of the individual species aren't as good as they should be."

Frank said they'll be "watching the situation carefully" and looking to see if this trend continues. "We could possibly set a

plan in place to determine whether or not it's too early to resume a fishery. But at this stage, we want to go slowly."

Nova Scotia fire crew to help northern Ontario

Nova Scotia is sending a crew to northern Ontario to help battle forest fires.

Nova Scotia's Department of Natural Resources says 21 firefighters will leave today for a two-week deployment.

ployment.

The aid comes in response to a request from the Canadian Interagency Forest Fire Centre to help control and extinguish the northern Ontario fires.

Nova Scotia has had a relatively quiet fire season so far this year.

The firefighters will be working 12-hour shifts and living in tents for the duration.

THE CANADIAN PRESS

News in brief

CIBC raises breast cancer awareness

CIBC banks in HRM will turn pink today to remind women the importance of breast cancer screening.

According to Statistics

Canada, 70 per cent of eligible women in the Atlantic provinces are getting screened.

Despite the advances in survival rates, which have increased by 35 per cent in the past 25 years, breast cancer remains the most common cancer in Canadian women, affecting one in nine women during their lifetimes, a press release said.

● ALY THOMSON

Volleyball coach pleads guilty to sex offences

A Dartmouth volleyball coach pleaded guilty to sex charges yesterday.

Joseph Emile (Luc) Potvin, 53, was arrested on May 13 and faced six charges, including luring a child, sexual assault, production of child pornography and distribution of child pornography.

He pleaded guilty to all charges yesterday and will return to court on Sept. 14 for sentencing.

● JENNIFER TAPLIN

Dangerous form of coke turns up in Halifax

Police say a dangerous form of cocaine, said to cause skin decay, has been spotted in Halifax.

A study published in the Journal of the American Academy of Dermatology suggests that cocaine cut with levamisole, a drug used to deworm dogs, is on the market.

The drug has been circulating through the United States, and several cases of flesh-eating disease were documented in the latest issue of the American Journal of Dermatology.

Halifax Regional Police spokesman Const. Brian Palmetier confirmed yesterday that the cocaine has made it to the region.

"We've had a few cases," he said. "We've had cocaine that has tested positive for having this in it." ● ALY THOMSON

Public consultations – but with a twist

When you think of public consultations, arts and crafts may not be the first thing that comes to mind.

But that's exactly what you'll find at Culture Makers: a chance to weigh in on the Halifax Regional Municipality's forthcoming cultural plan.

The Culture Makers tent will be set up on the Hali-

fax Common for Natal Day. Organizers are asking Haligonians to stop in and have an informal conversation — with the aforementioned arts, crafts and games — about the future of culture in Halifax.

The tent will be open from 12 p.m. to 8 p.m. this Saturday.

● ALEX BOUTILIER

HIGHLIGHTS

Events for the whole family

For full event listings, go to natalday.org.

- ▶ **Alexander Keith's Natal Day festival kick-off.** Thursday, 12 to 1 p.m. Sackville Landing.
- ▶ **25th Annual Natal Day Horseshoe Tournament.** Saturday, 9:30 a.m. Findlay Community Centre, Dartmouth.
- ▶ **Mother Goose Festival.** Saturday, 10 a.m. to 1 p.m. Ferry Terminal Park.
- ▶ **Wintersleep and Route 104 concert.** Saturday, 4 p.m. to 12:30 a.m. Alderney Landing, Dartmouth

Waterfront.

- ▶ **Halifax Harbour Bridges Natal Day fireworks.** Saturday, 10 to 10:15 p.m. (rain date is Sunday). To be launched from the Macdonald Bridge. Promoters promise a 30-metre fireworks waterfall spanning the bridge from tower to tower.
- ▶ **Steven Page and band.** Sunday, 5 to 11:30 p.m. Alderney Landing, Dartmouth Waterfront.
- ▶ **Natal Day Halifax Common fireworks.** Sunday, 9:30 p.m.
- ▶ **The 116th Dartmouth Natal Day regatta.** Monday, 9 a.m. to 4 p.m.
- ▶ **HRM's fourth annual Dingle Natal Day party.** Monday, 11 a.m. to 2 p.m. Sir Sandford Fleming Park, Dingle Road.

● ALY THOMSON

Marchand expected to pull in the crowds

► Five-day Alexander Keith's Natal Day Festival set to kick off ► There will be no regular municipal curbside collection of garbage on Monday



ALY THOMSON
HALIFAX@METRONEWS.CA

For Brad Marchand, Monday's Natal Day parade may be less extraordinary than his Stanley Cup victory stomp through Boston last month, but it's still something close to his heart.

"It's a big day, a big event, and there's going to be a ton of people out there," said Marchand in a phone interview yesterday. "To have the opportunity to be representing the city, it's pretty special."

Earlier this month, Marchand was named honorary grand marshal of the 116th Pepsi Natal Day Parade, and for good reason. The 23-year-old from Hammonds Plains played a major role in Boston's first NHL championship in 39 years.

But before he was the rookie-who-could, Marchand was a man-about-town, wearing both the Halifax Mooseheads and Dartmouth Subways jerseys. He was also a mem-

Parade route

► The action starts at 10 a.m. in Halifax at the corner of Kenny Street and Novalea Drive, and will cross over the Macdonald Bridge to Dartmouth, proceed down Wyse Road to Alderney Drive and will end at the corner of Ochterloney and Maple streets at 12 p.m.

ber of two gold-medal-winning Canadian world junior teams.

On Monday, he'll be wearing black and yellow. "I think I'll be wearing my jersey and will be leading the parade," said Marchand. "I'll just be waving and saying hi to everyone who comes out. It's a big honour and I'm very excited about it."

Tim Rissesco, chair of the Natal Day festival, said he's been fielding hoards of calls asking about Marchand's appearance in the parade.

"There's a lot of excitement around him being in the parade and I think the parade will be bigger be-



► Brad Marchand of the Boston Bruins reacts to cheers during a Stanley Cup victory parade last month in Boston.

cause of that," said Rissesco.

Marchand will be followed by a fleet of community organizations includ-

ing marching bands, majorettes, clowns and much more. Last year, more than 40,000 spectators came out to take in the parade.

**SIZZLING
SUMMER SALE**
July 28 - August 7

HOT DEALS ON...

Beachwear
Summer Apparel
Racquets
Golf
Baseball
Running Shoes
Watersports

Bayers Lake
450-5353

Spring Garden Rd.
420-1649

Burnside
468-3838

Sackville
865-7183

Colby Village
434-0022

www.facebook.com/ClevesSourceforSports

**CLEVE'S
Source
for sports.**
We Know Our Stuff!

Hypnosis: The new anesthetic?

- A Belgian hospital hypnotized more than 8,000 surgery patients
- Studies suggest hypnosis cuts costs and leads to faster recovery

As the surgeons cut into her neck, Marianne Marquis was thinking of the beach.

As she heard the doctors' voices, she was imagining her toes in the sand, the water lapping.

Marquis had been hypnotized before surgery to have her thyroid removed. She's among a growing number of surgical patients at the Belgian hospital, Cliniques Universitaires St. Luc in Brussels, who choose hypnosis and a local anesthetic to avoid the groggy knock-out effect of general anesthesia.

These patients are sedated but aware, and doctors say their recovery time is faster and their need for painkillers reduced. This method is feasible for only certain types of operations.

That means patients recover faster and hospitals save money, according to some studies. But it may require doctors to spend more time with patients beforehand to do the hypnosis and they may need more careful monitoring during surgery.

"If hypnosis doesn't work and you've got somebody's abdomen or chest open, then you're in big trouble. You need to be able to switch to another option immediately."

GEORGE LEWITH,
PROFESSOR IN HEALTH RESEARCH,
SOUTHAMPTON UNIVERSITY

The technique has become increasingly popular in France and Belgium in recent years.

But, some experts caution that hypnosis would be impossible in major operations involving the heart or other internal organs because the pain would be unbearable.

Consistency is also an issue. "It's not used routinely because it's not effective in everyone and it takes a while," said Dr. Mark Warner, president of the American Society of Anesthesiologists.

THE ASSOCIATED PRESS

Raptors find a safe haven



ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Centre gives birds solace

Each year the Beijing Raptors Rescue Center nurses back to health more than 300 injured birds that were rescued from the wild or turned in by their captors.

Run by the non-profit International Fund for Animal Welfare group, it helps rehabilitate birds and prepares them for release back into the wild. Raptors often arrive at the centre with illnesses such as a loss of feathers, foot infections and depression.

Owning birds such as pigeons, owls and raptors is not uncommon in China and it is not considered inhumane to trap them.

THE ASSOCIATED PRESS

"Birds that are raised in captivity often have all sort of problems. If you want to release them into the wild again, it would take at least half a year, sometimes even longer."

LI YING, VETERINARIAN

43 More than 43 types of raptors can be found in Beijing year-round, as the city falls along their migratory route. Some birds end up caught in traps that enthusiasts have set up, while others are injured by vehicles or predators.

ALEXANDER F. YUAN/THE ASSOCIATED PRESS



Animal welfare still shaky

In recent years, China has launched campaigns to kill tens of thousands of birds in an effort to curb bird flu.

Even though animal rights is gaining more attention, China still has a shoddy record in this area. There is little legislation and animal parts are traded for use in traditional medicine. THE ASSOCIATED PRESS

ALEXANDER F. YUAN/THE ASSOCIATED PRESS



► A veterinarian stretches her hands to protect an owl poisoned and suffering from a neurological disorder that makes it difficult to keep its balance while standing.

NEW REWARDS PROGRAM!

DeSerres

- Join the club. It's **FREE**
- Collect points on all purchases in stores and online
- Reward yourself!

Visit one of our 26 stores!



DESERRES.CA

Turmel gets NDP's vote

► Rookie wins unanimous backing as interim leader ► Layton's choice

New Democrat MPs have unanimously backed rookie Quebec MP Nycole Turmel as interim leader.

The MPs have wrapped up a special caucus meeting to consider Turmel as a temporary replacement for ailing leader Jack Layton.

"We have overwhelming, unanimous support for the recommendation that Nycole Turmel be our interim leader," said Libby Davies, Layton's deputy.

Layton recommended Turmel for the post on Monday, when he announced he would take a

leave of absence while undergoing another round of cancer therapy.

Turmel, a former national union leader who is already chair of the caucus, thanked the MPs for their support, but declined to answer questions until her position is confirmed by the national council.

Davies acknowledged the NDP faces a difficult situation with its best-known figure offstage, but she denied the party will be adrift without the charismatic Layton.

THE CANADIAN PRESS



► Nycole Turmel

Top Story



► Canadian Press reporter Alexandra Posadzki experiences a high point in her career. The CN Tower's EdgeWalk opens Monday.

DARREN CALABRESE/THE CANADIAN PRESS

On the daredevil beat

Reporters are an intrepid bunch. They proved it yesterday at a media preview of the EdgeWalk attraction on Toronto's CN Tower. Hearts thumping, they were strapped in to a harness and negotiated a walkway 356 metres above the city. Now isn't this more fun than covering a council meeting?

T.O. mayor escapes cellphone charge

Toronto Mayor Rob Ford, pictured, won't be charged after acknowledging he was talking on his cellphone while driving, police said yesterday.

No charges have been pursued against other motorists who admitted after the fact to driving while talking on the phone and equal treatment will be given to the mayor, said Toronto police spokesper-



son Mark Pugash.

"There are some logistical problems with doing it after the fact, he

added." Ford denies giving the finger to a woman who spotted him talking on his cellphone.

THE CANADIAN PRESS

The Big One to hit near Vancouver?

42 Calvert says the fault line beneath Washington state is 27 to 42 km, not 25 to 35 km as previously believed.

A new study says the next major earthquake to hit the Pacific Northwest could strike south of Vancouver Island.

Professor Andy Calvert of Simon Fraser University,

the lead author of the study, says it shows the fault line between two tectonic plates in the Pacific Northwest is seven kilometres deeper than believed.

THE CANADIAN PRESS

NOTICE: NATAL DAY Garbage/Organics/Recyclables Collection & Processing Services

No Collection
Monday, Aug 1st



Collection will occur
the Preceding
Saturday, July 30th

Otter Lake Facility
Closed
Monday, Aug. 1st



Otter Lake Facility Open
Saturday, July 30th
7am to 7pm

HRM Recycling Plant
Closed
Monday, Aug. 1st



HRM Recycling Plant Open
Saturday, July 30th
7:30am to 6pm

Collection services can begin as early as 7:00 am. To ensure collection, residents may place materials curbside the evening prior to collection day. For more information on HRM's composting and recycling programs, check your 2011 collection schedule, visit our website at www.halifax.ca/recycle or call our information line at 490-4000.

The HRM's residential Household Hazardous Waste (HHW) Depot will be Closed Saturday, July 30th, but will be Open on Saturday, August 6th and Saturday, August 13th from 9 am to 4 pm.

Waste Less

HALIFAX
REGIONAL MUNICIPALITY

R333-6912

EMERGENCY: Famine declared in Somalia – children at greatest risk. Help now.

Double our donation for children in crisis.*



unicef
canada



DONATE NOW
unicef.ca/somalia
or call 1 800 567 4483

*For every dollar donated by individual Canadians to UNICEF Canada by September 16, 2011, the Government of Canada will contribute a dollar to relief efforts in the Horn of Africa.

© UNICEF/ANTHONY 1002/406

By the numbers

7

Moldovan authorities say seven people have been charged with organ trafficking. The prosecutor's office said that they were part of an international network that harvested kidneys from 11 Moldovan citizens. It says poor Moldovans were persuaded to sell their kidneys for illegal transplants for \$2,760 to \$6,920. Moldova is one of Europe's poorest countries, with an average monthly salary of \$190.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Good-

in, 66, is looking for an apology and financial compensation. She says she would like to sue the Canada Border Services Agency, but can't afford to. "I'm on a fixed income, so that's not possible," Goodin said. "An apology would be nice, and I would like to be able to pay back the relative that I borrowed money (for legal fees) from."

THE CANADIAN PRESS

1,500

Hundreds of people protested in the small kingdom of Swaziland over claims that poor governance by sub-Saharan Africa's sole monarch has led to a shortage of essential medical supplies and a failing economy. More than 500 people demonstrated in the capital yesterday while nearly 1,000 protested in the western town of Siteki. Protests were peaceful but heavily guarded.

THE ASSOCIATED PRESS

Heavy rains sweep Seoul

► Landslides leave 36 dead, 620 homeless ► Dozens still missing

Walls of mud barreling down a hill buried 10 college students sleeping in a resort cabin and flash floods submerged the streets and subway stations in Seoul, killing at least 36 people yesterday in South Korea's heaviest rains this year.

The students were engulfed by a landslide in Chuncheon, about 110 kilometres northeast of Seoul, said fire marshal Byun In-soo. A married couple and a convenience store owner also died.

In southern Seoul, 16 people died when mud crashed through homes at the foot of a mountain. The National Emergency Management Agency reported seven deaths due to flooding in a stream just south of the capital and said the toll was expected to rise as

dozens of people were missing.

Fast-moving mudwaters filled the streets in Seoul, sending residents scrambling to the roofs of their partially submerged cars. Water filled some subway stations and spewed from sewers. TV images showed people in one flooded station using shovels, brooms and a wooden board in an effort to keep more rain from coming in. Internet and wireless connections failed in southern Seoul due to power failures.

The Seoul Metropolitan Police Agency issued a traffic emergency, mobilizing more officers to deal with the inclement weather.

Many citizens complained online that Seoul had neglected to prepare for the downpours.

THE ASSOCIATED PRESS



► Residents on a makeshift raft flee a flooded area in Gwangju, South Korea, yesterday.

Flooded city

► Witnesses said the landslide sounded like a massive explosion or a freight train.

► About 670 firefighters, soldiers, police and others rushed to rescue those trapped and extract the dead from the mud and wreckage in Chuncheon.

Palestinian president wants statehood rallies

Invoking the Arab Spring, the Palestinian president yesterday urged his people to take to the streets for massive rallies in support of his government's bid to get the United Nations to recognize an independent Palestinian state.

The call by President Mahmoud Abbas for peaceful "popular resistance" throughout the West Bank was likely to fuel Israeli concerns that the UN vote in September and any large demonstrations

could spark a new round of violence.

In a sign of the worries, Israel announced yesterday that it has begun work on a stronger fence to fortify the frontier between the Israeli-controlled Golan Heights and Syria. That was one of several areas on Israel's borders where Israeli forces caught by surprise used deadly force in recent months to quell pro-Palestinian protests inspired by the revolts upending the Arab



► Palestinian President Mahmoud Abbas gestures as he speaks during a meeting of the central committee of the Palestine Liberation Organization yesterday.

world.

"All of us are talking about resistance and it must be every day," Abbas told a group of Palestinian politicians.

With peace talks stalled since 2008, the Palestinians have said they will instead ask the United Nations to recognize their state.

Israel and the United States strongly oppose the move, saying Palestinian statehood should only be achieved through negotia-

tions.

Abbas' determination to go to the UN, along with his call to emulate protests in neighbouring Arab countries, indicated that he was preparing for a confrontation with Israel and the U.S.

The vote would be largely symbolic, but the Palestinians believe it would send a powerful message to Israel and boost their position in future negotiations.

THE ASSOCIATED PRESS

THE RIGHT SCHOOL FOR THE JOB

Halifax Campus - 1526 Dresden Row
Dartmouth Campus - 45 Alderney Drive

- Business and Accounting
- Medical Administrative Specialist
- Criminology
- Interior Decorating
- Multimedia and Graphic Design
- Tourism, Travel and Hospitality
- Public Relations

Eastern College
FORMERLY COMPUCOLLEGE

1-877-297-0777 • easterncollege.ca

Hardiest critters survive quake

► Goldfish survived without food for 134 days after N.Z. disaster before being rescued ► Owner 'astounded'

There were no Scooby snacks to eat — but at least they had each other for company.

Two goldfish, named Shaggy and Daphne, after characters from the animated television show Scooby Doo, have become the smallest and hardiest survivors of the devastating February earthquake in Christchurch that killed 181 people.

The fish spent four and a half months — 134 days — trapped in their High Street office tank in the city's off-limits downtown without anyone to feed them or even any electricity to power their tank filter before they were

Survival tactics

► **Luckily for the fish,** they lived in a large 100-litre tank. According to Paul Clarkson, curator at the Monterey Bay Aquarium in California, the fish may have gleaned some nutrition from eating algae growing on the tank's rocks and walls. He said naturally growing bacteria may have helped keep the water

clean enough to sustain life.

► **Then there's the delicate** question of their missing companions. There were six goldfish in the tank when the earthquake struck. By the time the survivors were found, no trace remained of three of the fish. A fourth was found floating in the tank. Goldfish are, after all, omnivores.

discovered this month and rescued.

The fish looked dull in colour, but otherwise appeared fine, said Vicky Thornley, the office director, who had held the tank

steady during the quake.

Hundreds of dogs, cats, roosters and other pets were rescued within the first two weeks of the quake.

THE ASSOCIATED PRESS

Heat wave. Russia



► A man jumps in a fountain in St. Petersburg yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Great leap forward

The mercury hit 33 C in St. Petersburg, Russia, where even Soviet Vladimir Lenin might have approved of this leap to stay cool.

Air Canada flight diverts back to Oz

An Air Canada flight en route to Vancouver has landed safely in Sydney after smoke was detected on board.

Previous reports had said the plane had caught fire, but an airport spokesman said this was not the case.

A representative of Australia Air Services, the country's air traffic controller, would not say the plane made an emergency landing, but said it touched down 90 minutes after take-off.

"The Air Canada flight left Sydney this morning and returned to Sydney airport an hour and a half later. It's landed safely," Amanda Palmer said.

Firefighters were standing by, but were not required, Palmer said.

TORSTAR NEWS SERVICE



YOUR
DONATION
MATCHED
DOLLAR-FOR-
DOLLAR!

EAST AFRICA DROUGHT CRISIS

HUMANITARIAN COALITION MEMBERS ON THE GROUND BRING RELIEF TO SUFFERING FAMILIES.

Severe drought across large parts of Kenya, Ethiopia and Somalia threatens the lives of 11 million children and their families. HUMANITARIAN COALITION members work tirelessly to save the lives of those vulnerable to death and disease.

Your help is urgently needed to save lives. PLEASE GIVE NOW!

Every donation made before September 16 will be matched by a Canadian government relief fund to rush food, clean water, shelter and medical supplies to devastated children and families fighting for survival.



THE HUMANITARIAN COALITION: Together – saving more lives.

CRISIS ALERT: Please donate now at www.together.ca or call 1-800-464-9154

British irked by Libyan terrorist

► Cancer-stricken Lockerbie bomber rallies for Gadhafi regime ► Rebels vow to fight during Ramadan

The Libyan man convicted in the 1988 Lockerbie bombing attended a pro-Gadhafi rally, and Libyan state TV images showing the bomber in a wheelchair in a crowd in Tripoli revived criticism in Britain yesterday of the decision to grant him early release on medical grounds.

Abdel Baset al-Megrahi's presence at Tuesday's rally appeared to be another sign of defiance by the embattled regime of Moammar Gadhafi, locked in a civil war with anti-government rebels for the past five months.

Al-Megrahi was convicted in the 1988 downing of a Pan Am plane that killed



► Lockerbie bomber Abdel Baset al-Megrahi

270 people, most of them Americans, over Lockerbie, Scotland. He was released from a Scottish prison in 2009 after being diagnosed with prostate cancer, and at the time was given three months to

live. Al-Megrahi returned to a hero's welcome in Libya later that year.

Medical advice suggesting that al-Megrahi had only three months to live "was pretty much worthless," British Foreign Secretary William Hague told reporters yesterday.

The Libyan state TV footage, rebroadcast in Britain and elsewhere, shows al-Megrahi sitting in a wheelchair, wearing a white turban and what appears to be a blue medical mask tucked under his chin. He looks thin but attentive and is flanked by men in traditional Libyan tribal dress.

THE ASSOCIATED PRESS

U.K. expels Gadhafi's London diplomats

Britain has officially recognized Libya's main opposition group The National Transitional Council as the country's legitimate government, the U.K. foreign secretary William Hague said yesterday, announcing the expulsion of all diplomats loyal to Moammar Gadhafi's regime. The U.S. and 30 other nations also recently decided to back the same opposition group.

THE ASSOCIATED PRESS

91M

William Hague also said his country was unfreezing 91 million pounds (\$150 million) of Libyan oil assets to help the National Transitional Council.

5 days later



► Danish Prime Minister Lars Loekke Rasmussen speaks at a memorial service yesterday in Copenhagen.

EMBRACING TOLERANCE 'MAKE NORWAY MORE OPEN AND ACCEPTING'

Norway will never be the same after last week's bombing and mass shooting, but it shouldn't change the way the suspect wants it to, the prime minister said yesterday. He called on his country to react by not abandoning the culture of tolerance that Anders Behring Breivik said he was trying to destroy.

"The Norwegian response to violence is

more democracy, more openness and greater political participation," Prime Minister Jens Stoltenberg said. Friday's bombing outside Stoltenberg's offices in Oslo and the shooting that followed at a youth Labor Party camp killed 76 people and battered the psyche of a nation that prides itself on openness.

THE ASSOCIATED PRESS

URGENT: Famine in the Horn of Africa



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water; preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

☐ \$50 ☐ \$100 ☐ \$200 ☐ \$_____ to help as much as possible

Name _____

Address _____ Apt. _____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: ☐ VISA ☐ MasterCard ☐ American Express

CARD NUMBER _____

EXPIRY DATE _____

SIGNATURE _____

Please make your cheque payable to: **World Vision**

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

4249488/100958

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help

Harper salutes veterans of 'forgotten' war

► 516 Canadians killed in 1950s conflict ► 58th anniversary

Scores of veterans, dignitaries and members of the public turned out yesterday for a parade and ceremony to remember the once "forgotten" Korean War.

Prime Minister Stephen Harper was among those on hand at the Korea Veterans National Wall of Remembrance for the 58th anniversary of the armistice that ended the

"We may truly say that there is some corner of a foreign field that is forever Canada."

PRIME MINISTER STEPHEN HARPER

bloody conflict.

"For too many years, Korea was called the 'forgotten' war," Harper said.

"But times are finally changing."

In all, 516 Canadian soldiers were killed in the conflict.

Another 1,100 others were wounded in five major battles.

Many of the Canadian dead are buried in Korea, prompting Harper to borrow from British war poet Rupert Brooke.

THE CANADIAN PRESS



► Harper and veterans

Somalia. Famine



► A woman and her child from southern Somalia are seen at Banadir hospital in Mogadishu yesterday.

FARAH ABDI WARSAME/THE ASSOCIATED PRESS

Food airlift arrives

A plane carrying 10 tons of urgently needed nutritional supplements to treat malnourished children has landed in famine-hit Somalia, a UN official said yesterday. The airlift is part of a crisis intervention as famine threatens to spread across lawless Somalia.

Prehistoric bird may be called a dinosaur

One of the world's most famous fossil creatures, widely con-

sidered the earliest known bird, is getting a

rude present on the 150th birthday of its discovery: A new analysis suggests it isn't a bird at all.

Chinese scientists are proposing a change to the evolutionary family tree that boots Archaeopteryx off the "bird" branch and onto a closely related

branch of birdlike dinosaurs. Archaeopteryx was a crow-sized creature that lived about 150 million years ago.

THE ASSOCIATED PRESS

THE YOU DON'T HAVE TO KNOW SOMEONE AT

NISSAN EMPLOYEE PRICING EVENT

NOW EXTENDED • WHILE SUPPLIES LAST

2011 VERSA

UP TO **\$4,400** IN EMPLOYEE PRICE DISCOUNTS*

WELL-EQUIPPED WITH: Highest Horsepower in its Class (122-Hp), 1.8-Litre DOHC Engine • Most Rear Leg Room in its Class (966 mm)* • Air Conditioning • Remote Keyless Entry Systems • Power Heated Outside Mirrors • Power Windows w/ Driver Side Auto UP/DOWN Feature • Power Door Locks • 60/40 Split Folding Rear Seat • Nissan Advanced Six Airbag System • Up To 5.8 L/100 Km On Highway With Available Xtronic CVT*



2011 SENTRA

UP TO **\$5,300** IN EMPLOYEE PRICE DISCOUNTS*

WELL-EQUIPPED WITH: 140-Hp, 2.0-Litre Dohc Engine, Xtronic CVT* • Air Conditioning • 16" Upgrade Alloy Wheels • Remote Keyless Entry System • Power Windows w/Driver's Side "Auto UP/DOWN" Feature • Power Outside Mirrors • Heated Mirrors • 60/40 Split Folding Rear Bench Seat

2011 FRONTIER

UP TO **\$8,700** IN EMPLOYEE PRICE DISCOUNTS*

WELL-EQUIPPED WITH: 261-hp, 4.0L V6 engine and 261 lb-ft torque • 6,500 lbs towing capacity • 16" alloy wheels Hill Descent Control • Hill Start Assist ABS and Electronic Brake force Distribution (EBD) • AM/FM/CD audio system • Nissan Advanced Airbag System with Supplemental Curtain Side Impact Airbags and Side Seat Airbags



A NISSAN FOR EVERYONE.



O'REGAN'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX • 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH • 60 BAKER DRIVE, UNIT C • 902-469-8484
WWW.OREGANSNISSAN.COM

VIEW OUR MOBILE SITE



Find us on
Facebook

*SOME CONDITIONS APPLY. VISIT O'REGAN'S NISSAN FOR DETAILS. OFFERS END JULY 31ST.

COMPANY IN TRANSITION

Nokia loses ground to rivals

Nokia's credit rating was downgraded yesterday as the world's largest producer of cellphones struggles to compete in the smartphone segment.

Moody's Investors Service said it downgraded the Finnish phonemaker's debt rating by two notches, from A3 to Baa2, due to a "severe weakening" of Nokia's business

position. A downgrade matters because companies raise money through the issuance of bonds as well as through shares, and the lower rating implies higher costs. Moody's warned that it will take time for Nokia to make its operating systems Windows-compatible even after partnering with Microsoft.

Wolfgang Draack, Moody's senior vice-president, said the benefits of the switchover to Windows would likely not emerge until the second half of 2012.

THE ASSOCIATED PRESS

We like them Apples

PAUL SAKUMA/THE ASSOCIATED PRESS

► iPhone rules with Canadians ► RIM still has biggest market share

Canada's most popular cellphone is the Apple iPhone 4, measurement firm comScore says. In fact, Apple takes four spots on the top 10 list of most-used phones in Canada.

The 16-gigabyte iPhone 4 was the phone of choice for 516,000 Canadian users. The 32-gigabyte version was sixth on the list, with almost 337,000 users.

Apple also took second place with the eight-gigabyte iPhone 3GS, used by almost 485,000 users, and ninth with the eight-gigabyte iPhone 3G, at almost 300,000 sold.

While Research in Motion has the biggest share of the overall smartphone market in Canada — with 42 per cent, versus 33 per cent for Apple — it holds

only seventh and eighth place in the top 10, with the Bold 9700 (321,000 users) and Curve 8530 (307,000 users).

"There's a lot more RIM devices than Apple devices," said Bryan Segal, a vice-president of comScore, explaining why RIM still leads in the overall smartphone race.

"If you look at best-selling devices 11 through 50 you're going to see RIM plays a really key role in terms of being one of the top device makers."

ComScore says about 33 per cent of Canadians own a smartphone, but Segal predicts that number will soon spike as a huge group of consumers are getting ready to upgrade their phones.

THE CANADIAN PRESS



► Many Canadians have owned their phones for two to three years, comScore says, which means large numbers of people will be buying new phones in the next few months.

Market moment

TSX



- 267.89
(13,032.67)

Dollar



- 0.68¢
(105.39¢ US)

Oil



- \$2.19
(\$97.40 US)

Natural gas

1,000 cu ft
\$4.318 US
(- 1.3¢)

Gold contract
\$1,615.10 US
(- \$1.70)

PRICES AS OF 5 P.M. YESTERDAY

Hulu versus Netflix: How to watch?

Half of Netflix users connect to the video-streaming service via gaming console, says a Nielsen survey that looked at viewing habits of Netflix and

Hulu users.

Nielsen found that more Netflix users are watching video on their TVs than their computers, often connecting through Nintendo Wii, Sony PlayStation 3, Microsoft's Xbox and other consoles. By contrast, the wide majority of Hulu users, 89 per cent, watch Hulu on a computer.

Nearly three-quarters of Hulu users watch mainly TV shows, while Netflix is more movie-driven, with just 11 per cent watching TV programs. Slightly more than half of Netflix users watch mainly movies.

More than 15 billion videos were streamed in May, an all-time high.

THE ASSOCIATED PRESS

U.S. default would ripple up to Canadian economy, experts say

Canada is likely to face slower economic growth even if the United States manages to avoid a default or credit rating downgrade, economists said yesterday.

Washington's need to cut spending by \$2 trillion to \$4 trillion US over a decade would delay its recovery and drag down Canada's rebound because the two economies are so closely linked.

The U.S. government has been grappling since May with more than \$14 trillion in debt — the borrowing ceiling set by Congress — and may not be able to pay its bills after Aug. 2.

That means Washington could be forced to cut its spending by almost half, threatening social security benefits, defence outlays or even civil servant wages.

Christopher Ragan, an associate economics professor at McGill University, said a slower recovery by Canada's largest trading partner would have a ripple effect on export sectors that have been struggling

0.5

A one per cent hit to U.S. growth translates into a 0.5 per cent drop in Canada, says Craig Wright, chief economist at RBC Capital Markets.

to return to pre-recession levels of a few years ago.

Sluggish growth in the U.S. cuts demand for many Canadian exports, from oil and gas, cars and auto parts to newsprint, lumber, fertilizer, chemicals, metals and machinery.

That eventually leads to fewer jobs in those sectors and far slower growth than is healthy for the national economy.

However, the impact of a U.S. default is hard to predict. U.S. interest rates would spike but those in Canada could fall. That's because the Canadian dollar has soared in recent days, keeping downward pressure on Canadian rates. THE CANADIAN PRESS

INTERACTIVE
101.3 THE BOUNCE
NINE @9

FOR JULY 27TH

Jeremih ft 50 Cent - Down On Me
LMFAO - Party Rock Anthem

Enrique Iglesias ft Usher - Dirty Dancer

Karl Wolf ft Kardinal Offishall - Ghetto Love

Pitbull ft Ne-Yo & Nayer - Everything Tonight

David Guetta ft Flo Rida - Where Them Girls At?

Nicole Scherzinger ft 50 Cent - Right There

Lady Gaga - The Edge Of Glory

Nicki Minaj - Super Bass

1013THEBOUNCE.COM

Psychic Fair

Halifax Forum : July 29, 30, 31

Fri 2-10pm, Sat 11-10pm, Sun 11-7pm

ADMISSION: \$5.00 SENIORS \$4.00
\$1.00 off with this coupon.

Readers,
Palmists
Crystals
& More!

www.esp888.com

NEED MONEY?

✓ No credit checks
✓ Fast approvals

Call 1-866-499-5629

And get cash now!!
www.mynextpay.com

MoneyProvider.com

\$500 Loan
and more

No credit refused

Fast, easy and secure

1-877-776-1660
www.moneyprovider.com

I'M NOT REALLY ROLLING ON THE FLOOR, LOL

HE SAYS ...

JOHN MAZEROLLE
METRO



I've become everything I've ever hated. For the first time, I own a cellphone. Frequent readers will know I resisted cell ownership for a long time.

I'd watch my friends and how it changed them, making them more machine than man, twisted and evil. One friend would walk with his head buried in his iPhone, never looking up for anything short of a natural-gas explosion. I trust the weather app saved him from the trouble of ever having to look at the sky.

Another boasted how people complimented her on her nifty fold-in keyboard. It was like her phone was a lame stand-in for a new car, similar to when childless women talk incessantly about their fascinating and never-tiresome cats.

A third friend accidentally flushed her phone down an automatic toilet, which was amusing enough, but it lost its humour as she fretted that her friends might think she was dead. Every time a new person would arrive she'd grab them by the shoulders and scream "I FLUSHED MY CELLPHONE DOWN THE TOILET" with the same intensity one normally saves for

"In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas."

explaining that Soylent Green is people.

In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas.

And as a word lover, it was hard to see people strip perfectly good vowels from words, not to mention lying about how much they are laughing and/or rolling on the floor.

So I went cell-less and, as time passed, I came to enjoy being seen as an outsider. Friends acted like I hadn't received my polio shots — "You NEED one!" — but I just couldn't see it. I had no reason to have a cellphone.

But then, a realization: As I removed the usual dozen unheard messages from my land line — all hangups from shady 'businesses' — it occurred to me for the first time: I had no reason to have a land line.

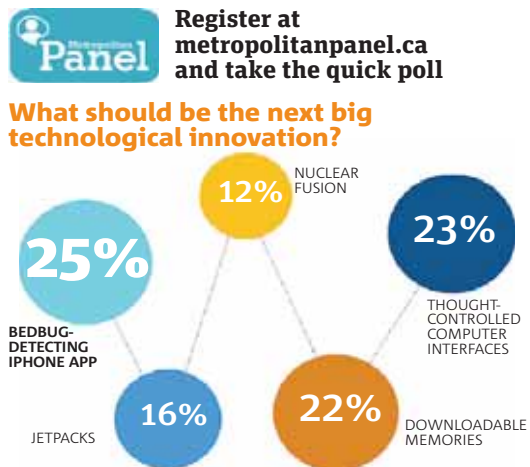
Nobody ever called me, thanks to email, and I was getting so many spam calls that when it did ring I wouldn't answer.

So I'm now the proud owner of a fancy-schmancy cellphone — I use it as a GPS, video-game console, weight-tracker and excuse to avoid people on public transit.

It was a hard decision to join the pack, but I've satisfied my need to be different by also cancelling my Wi-Fi at home, which I found just kept me from my work.

See? IMHO, I'm still an outsider! ROTFLMAO! (pls kill me)

Read more of John Mazerolle's columns at metronews.ca/hesays



Worth Mentioning

U.K. Britain's advertising standards council banned two makeup advertisements featuring actress Julia Roberts and model Christy Turlington yesterday, ruling the ads — which used digitally altered photographs — were misleading and could no longer be used.

The Advertising Standards Authority found that the airbrushed images used by L'Oreal in magazine ad campaigns exaggerated the results women could expect from using the beauty products.

The decision was seen as a step forward in an ongoing campaign to limit the retouching of photos in beauty-related ads in Britain.

"It highlights one of the main issues, that these hyper-perfect versions of beauty are undermining people's confidence because they are beyond what's achievable," said Susan Ringwood, chief executive of Beat, which campaigns to combat eating disorders.

The advertising standards council is now allowed to consider the social impact of the ads as a criteria on whether they are acceptable.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hospital bills dead woman's estate \$9.2M

A Florida hospital has filed a \$9.2-million claim against the estate of a woman who died after spending five years in the hospital, according to court documents.

That's how much the hospital says is owed for the care of Tameka Campbell, the documents say. She died at age 29 two years ago of progressive demyelinating neuropathy.

It is unclear whether the \$9.2

million in hospital charges is a record.

Health News Florida checked with the American Hospital Association, the Health Care Financial Management Association, and others, but no one knew of any records.

"That would have to be the biggest bill I've heard of," said Alan Levine, a division president at the Naples-based hospital chain Health Management Associates.

"I've seen more than \$1 million," he said. "But not \$9 million." Fort Myers hospital consultant Peter Young said, "A bill that large may well be in a league of its own and a Guinness Book of Records bill!"

An online search of Guinness World Records offers no category for "largest hospital bill." THE ASSOCIATED PRESS

Local tweets



- ▶ **@glenleck:** I make light of the Harbour Hopper, yes — but when we hit post-apocalyptic Road Warrior times, it's where I'm mounting the flame throwers.
- ▶ **@firecatkitty:** I don't seem to recall voting for the board that just made a pretty significant decision about our democratic representation. #Halifax
- ▶ **@mskyliegillis:** Off to Halifax for my sister to get her wisdom teeeth out! Aka laughs for everyone else
- ▶ **@ChristianONeill:** Common now #halifax
- ▶ weather get your shit together, I've got boativities to do!! #summerfail
- ▶ **@ajolivafan:** Going to see Harry Potter for the 2nd time with a friend tonight. :)
- ▶ **@tylerbilton:** Anyone know #JimiHendrix last mailing address? His mail keeps getting delivered to me and I doubt he ever lived in #Dartmouth.
- ▶ **@RuthusRJB:** oh man oh man oh man wintersleep concert this weekend! I am finally going to see them live yessss <3
- ▶ **@autumnlovechild:** Damn kids playing on the bridge thingy like there isn't a big ass park across the street

0% FINANCING, 0 EXCUSES.

2011 OUTLANDER ES

\$142.85* BI-WEEKLY
INCLUDED FREIGHT & PDE

2.4L DOHC 16V MIVEC I-4-168HP
CVT Sportronic® transmission
140-watt CD/MP3 player with 6 speakers
16" alloy wheel • Anti-lock braking system (ABS)
with EBD • Bluetooth® 2.0 hands-free cellular
phone interface with streaming audio and USB
input with voice control • Active stability control



0%* PURCHASE FINANCING FOR 60 MONTHS
AND NO PAYMENTS FOR 90 DAYS†

**ADRENALIN
DAYS**

**AWD
V6**

Outlander XLS model shown‡



AWD
RVR GT model shown‡

ALL-NEW 2011 RVR ES

\$115.68* BI-WEEKLY • INCLUDED FREIGHT & PDE

BEST IN CLASS FUEL ECONOMY†

Fuel efficient 2.0L 148 HP 4-cylinder engine • 5-speed manual transmission • Power
windows & heated power mirrors • Heated front seats • Anti-lock braking system (ABS)
with electronic brakeforce distribution, brake assist system and brake override system
• 140-watt AM/FM/CD stereo with 4 speakers • Remote keyless entry with panic feature



Lancer GT model shown‡

2011 LANCER DE

\$89.94* BI-WEEKLY • INCLUDED FREIGHT & PDE

Fuel efficient 2.0L 148 HP 4-cylinder engine • 5-speed manual transmission or CVT
Power windows • Power mirrors • 7 airbags • 140-watt AM/FM/CD stereo
Active stability & traction control



Eclipse GT-P model shown‡

2012 ECLIPSE GS

\$137.88* BI-WEEKLY • INCLUDED FREIGHT & PDE

2.4L SOHC 16V MIVEC I-4-162HP • 5-speed manual transmission • 140-watt
AM/FM/CD player with 6 speakers and MP3 • Power windows/locks/mirrors • Remote keyless
entry and panic feature • 18" alloy wheels with 235/45 R18 tires
Active stability control

10 YEAR
160,000 KM POWERTRAIN
LTD WARRANTY**



**\$500
REBATE**

+



**\$500
REBATE**

+

**\$500
MILITARY REBATE**

METRO MITSUBISHI

APPLY ONLINE FOR
FAST APPROVALS!

230 WYSE ROAD, DARTMOUTH, BETWEEN THE BRIDGES
1-888-764-8509 www.metromitsubishi.ca

Customers who purchase an eligible vehicle by August 2, 2011. Some conditions apply. Prices are subject to change without notice. See dealer for complete details. † 2011 Lancer GT/2011 RVR GT/2011 Outlander XLS models shown have an MSRP of \$23,899/\$28,408/\$34,498. 2011 Lancer DE 5 speed, 2011 RVR ES 5 speed, 2011 Outlander ES and 2012 Eclipse GS 5 speed selling price of: \$15,300/\$19,796/\$24,445/\$23,500. Bi weekly payments \$65.87/\$115.00/\$142.85/\$137.88. Taxes, registration, insurance, licensing, and duty on new lines are excluded. Includes destination, delivery fees, PPSA, and dealer fees of up to \$599 are excluded. Payments based on variable interest rate of 4.99% amortized over 60 months OAC. Details at dealer. ‡ Combined City/Highway ratings for non-hybrid compact SUVs. 0% purchase financing (no payments for 90 days) available through Bank of Montreal for up to 48 months on all new 2011 and 2012 models and up to 60 months on all new 2011 Outlander models and most new 2011 Lancer models. (Terms vary by model, see dealer for details). Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract. Best backed claim does not cover Lancer Evolution and Raider models. ® MITSUBISHI MOTORS, BEST BACKED CLAIM IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. **Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify.



**MITSUBISHI
MOTORS**
Drive@earth



Way of Life!

FIGHT CARFORMITY

Test Drive NOW
get **\$25**
FREE GAS

No purchase necessary**

BEST IN CLASS. ANY OTHER QUESTIONS?

AutoPacific® Vehicle Satisfaction Award 2 years running.

0.9% for **72** MONTHS
OWN IT FOR **\$185** BI-WEEKLY

KIZASHI 2011 SX iAWD

Loaded with standard features:

- Intelligent All Wheel Drive (iAWD)
- Dual Zone Automatic Climate Control
- SmartPass™ Keyless Entry/Start System
- Rockford Fosgate Premium Audio System w/Bluetooth
- Heated Leather Seats
- Ultrasonic Rear Park Assist
- Power Sunroof
- 18 inch Alloy Wheels



Refined in Europe. Produced in Japan.

5YR 100,000 KM POWERTRAIN WARRANTY
3YR UNLIMITED KM ROADSIDE ASSISTANCE

hwy 6.8L/100km 42mpg

Outhandles the Audi A4 and Mercedes C300.
- Consumer Automotive Research, Inc.

CANADA'S MOST FUEL-EFFICIENT COMPACT AWD

hwy 6.6L / 100km 43mpg

0% for **72** MONTHS
OWN IT FOR **\$125** BI-WEEKLY

SX4 2011 HATCHBACK JX iAWD

Loaded with standard features:

- Intelligent All Wheel Drive (iAWD)
- Air Conditioning
- Cruise Control
- Power Windows and Door Locks
- Remote Keyless Entry
- Heated Power Mirrors
- Leather Wrapped Steering Wheel with remote audio controls
- 16" Aluminum Alloy Wheels



"If you're looking for a real bang for your buck, the SX4 fits the bill."

- Globe and Mail

Test Drive NOW
get **\$25**
FREE GAS

No purchase necessary**

5YR 100,000 KM POWERTRAIN WARRANTY
3YR UNLIMITED KM ROADSIDE ASSISTANCE

EATS MOUNTAINS. SIPs GAS.

hwy 8.6L / 100km 33mpg

0% for **72** MONTHS
OWN IT FOR **\$160** BI-WEEKLY

GRAND VITARA 2011 JX 4WD

Loaded with standard features:

- 4 mode 4WD
- Air Conditioning
- Cruise Control
- SmartPass™ Keyless Entry/Start System
- Power Windows and Door Locks
- Heated Power Mirrors
- Leather Wrapped Steering Wheel with Remote Audio Controls



Tested in the mountains. Produced in Japan.

Best in Class Towing Capacity - 3000 lbs.†

Test Drive NOW
get **\$25**
FREE GAS

No purchase necessary**

5YR 100,000 KM POWERTRAIN WARRANTY
3YR UNLIMITED KM ROADSIDE ASSISTANCE

METRO SUZUKI
WE SELL SATISFACTION!

1-888-892-1703
224 WYSE RD, DARTMOUTH

Apply Online - for Fast Approvals
www.metro Suzuki.ca

CONSUMERS SHOULD READ THE FOLLOWING: All offers include Delivery & Destination (\$1,495 for Kizashi/\$1,195 for SX4/\$5,595 for Grand Vitara 4WD), Dealer Administration Fee, PPSA up to \$12 (later financing), applicable taxes, license, registration, insurance and a down payment of \$1,000/\$2,000/\$2,500. Vehicle may not be exactly as shown. These offers cannot be combined with any other offers and are subject to change without notice. Dealers may sell for less. See participating dealers for details. *Limited time finance offers available O.A.C. Special bi-weekly purchase finance offers are available on 2011 Kizashi SX iAWD Model 682294. Selling Price \$29,110. 2011 SX4 Hatchback JX iAWD with manual transmission Model 1049211 (Selling Price \$19,120). 2011 Grand Vitara JX 4WD automatic transmission Model 1278371 (Selling Price \$25,020) for a 72 month term. Selling prices include Delivery & Destination (\$1,495/\$1,195/\$5,595), Dealer Administration Fee, PPSA up to \$12 (later financing), applicable taxes, license, registration, insurance and a down payment of \$1,000/\$2,000/\$2,500. The bi-weekly 72 month payment interest rates are based on 2011 Kizashi SX iAWD @ 0% PPSA, bi-weekly payments are \$185 with \$2,300 down payment. Cost of borrowing is \$13.53 for a total obligation of \$28,712. The bi-weekly 72 month payment interest rates are based on 2011 SX4 Hatchback JX iAWD @ 0% purchase financing, bi-weekly payments are \$125 with \$2,200 down payment. Cost of borrowing is \$8 for a total obligation of \$19,539. The bi-weekly 72 month payment interest rates are based on 2011 Grand Vitara JX 4WD @ 0% purchase financing, bi-weekly payments are \$160 with \$2,350 down payment. Cost of borrowing is \$9 for a total obligation of \$25,020. Offer valid until July 31, 2011. AS25 gas card offer available with the test drive of any new 2010 or 2011 Suzuki SX4, Grand Vitara or Kizashi models at participating Suzuki dealerships. Customer will receive the gas card from the dealer after the test drive and will be required to provide a valid driver's license. Test drive must be completed in full to qualify for one (1) gas card per customer/household, while supplies last. Gas cards are valid at any participating Petro-Canada™ or North Atlantic Petroleum retail locations. Offer valid until July 31, 2011. Petro-Canada is a Sunoco Energy business. †Trademark of Sunoco Energy Inc. Used under license. © 2010 AutoPacific, Inc. Vehicle Satisfaction Award. *Based on Maximum Limited 0-100 testing by Consumer Automotive Research, Inc. Vehicles tested: 2011 Suzuki Kizashi SX, 2011 Audi A4 Avant 3.0T, 2011 Mercedes-Benz Sport. **No purchase necessary for \$25 gas card on test drive new Suzuki vehicle. Must complete a test drive form and supply all information.

2 scene

Reid leads way



Johnny Reid has a leading six Canadian Country Music Award nominations. The Scottish-born, Toronto-bred singer-songwriter is up for trophies including single of the year, songwriter of the year, album of the year and male artist of the year.

THE ASSOCIATED PRESS



UK Supreme Court gives victory to designer in battle over 'Star Wars' stormtrooper helmets

Needs more Murray

► Film Festival declares this 2011 the Summer of Murray ► Will be playing Bill Murray flicks

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



Growing up in a household where Richard Pryor tapes were

played in my Teddy Ruxbin doll, it's not a stretch to picture my brother and I learning life's lessons from Jackie Mason, Mel Brooks, and, of course, Bill Murray.

Taking me back to my childhood, the 11th Annual alfresco Film Festival has declared this the Summer of Murray! The festival kicked off last Friday and runs every Friday through August 26th at the Halifax Waterfront Boardwalk.

"Why not Bill Murray?" I couldn't agree more with sixth-time volunteer Mark Flindall. "It was a fun idea that people got behind it and he's also been in so many different types of movies that it works."

From summer camp movies, like last week's Meatballs, to classic sport films like this week's Caddyshack, Flindall recalls the battle of narrowing the selection to six.

Details

What you need to know

► Prices \$5 donation at door

SUMMER OF MURRAY

► Gates open at 8 p.m. and films start around 9 p.m.

Educated Pleasure

venus envy

WagJag.com DEAL OF THE DAY!

BUY FOR \$20

50% off off Adult Products

HIGHLIGHTS

- Fun and sexy adult products.
- Novels, DVDs and toys, games and more.
- Heat things up this summer!

Regular Price: \$40

You Save: \$20

Discount:

50%

The jury is not out on this issue

► Celebrity judges seek spark from appearances on shows like Voice, Idol

Jean Holmgren doesn't like country music and had never heard of Blake Shelton.

Then came The Voice.

A few months later, she's the proud owner of Shelton's new album, one of more than 116,000 fans who made Red River Blue the tall Oklahoman's first No. 1 on the Billboard album charts this month.

"Once Blake was on my radar from The Voice, I heard his new single and I was really impressed," said Holmgren, a 27-year-old online marketing specialist from Kingston, Pa.

"I was never a country fan but he has such a good voice. The song Honey Bee is really cute and I guess it's kind of a crossover song, if you want to call it that. From there I watched some videos on his YouTube channel and followed him



► The Voice judge Blake Shelton.

on Twitter. I love his sense of humour!"

While The Voice, American Idol and other talent shows are designed to make stars out of unknown talent, they've also had the effect of boosting the fortunes of some of the contest's singing celebrity judges.

This year Steven Tyler and Jennifer Lopez became judges on Idol, marking the

Jewel in on the action

► Other musicians have used stints as celebrity judges to boost their careers as well. Jewel, for instance, reimagined herself as a country artist and scored a No. 1 country album in 2008 with the help of Nashville Star. She also recently worked with former American Idol judge Kara DioGuardi on Bravo's Platinum Hit.

first time the panel had singers still with viable careers (Paula Abdul's singing career had died years before the show).

The Voice relied solely on current hitmakers in its first season and found a winning combination with Shelton, Cee Lo Green, Christina Aguilera and Adam Levine of Maroon 5.

Shelton hit the publicity trifecta when The Voice became a sensation, taking an already solid country career that was on the rise to a nation looking for someone

interesting.

He already had a career-defining year in the world of country music where Red River Blue was highly anticipated and had already spawned his fastest-rising single, Honey Bee.

He'd won a recent cache of awards, including the 2010 Country Music Association's male vocalist of the year and co-hosted The Academy of Country Music Awards. And marrying Miranda Lambert didn't hurt his star power either.

The missing ingredient?



► Steven Tyler, left, and Jennifer Lopez, were successful as judges on American Idol this year.

The chance to put it all together in front of a large audience on a weekly hit show. The Voice held steady at about 12 million viewers during its run and was the first new show at the four largest networks this year to grow its viewership from week one to week two.

Shelton has watched his fan base grow week by week at the same time, on Twitter and even on the streets.

"It actually blows me

away," Shelton said. "It's definitely obvious. Just walking down the streets of New York City with Miranda, people are stopping me and wanting to say hi and take a picture or something, and it's always about that show."

"I've been going to New York City and Los Angeles for 10 years and you can count on one hand how many times someone has recognized me in New York City." **THE ASSOCIATED PRESS**

The Split Crow Pub, Halifax

Summer in the City
Delta Halifax
1 night's accommodation, parking for one vehicle, full breakfast for two, 20% discount for a Alexander Keith's Brewery Tour, 20% discount for Ambassadors Gray Line City Tour, and 25% discount for a Tall Ship Silva Harbour Tour.
\$189.00 from + tax / per room
Based on double occupancy, May 3-October 9, 2011



Kristen's Nova Scotia

Hi, I'm Kristen from Halifax. One word to describe our summer? Energy. It's in our festivals, events, nightlife and our way of life. There's loads going on over the next few months, and if you're like me, there's never enough time to get it all in, so visit novascotia.com and start planning.

So when are you coming?

NOVASCOTIA.COM
Shaped by the Sea

Visit novascotia.com for a full list of festivals & events.

Argyle Abuptic Festival,
Argyle, July 30 to August 6

Digby Scallop Days,
Digby, August 3 to 7

Lunenburg Folk Harbour Festival,
Lunenburg, August 4 to 7

Halifax International Busker Festival,
Halifax, August 4 to 14

Dutch Mason Blues Festival,
Truro, August 12 to 14

21st Annual Feis an Eilein Festival,
Christmas Island, August 15 to 20

Could music biz have done more to help Winehouse?

► Natalie Cole says troubled singer was pushed too hard to perform when she wasn't ready

Amy Winehouse's death Saturday at age 27 has rekindled questions about the role the music industry should play in helping stars kick self-destructive habits.

Could the entertainment community have done more to save one of its most gifted young artists?

Natalie

Cole thinks so.

A former heroin addict herself, Cole was critical of the industry after Winehouse won five Grammys in 2008.

Winehouse performed triumphantly during the Grammy telecast that year — but did so via satellite from London, in part because she was in rehab at the time.

Cole said Winehouse shouldn't have been trying to perform, given her condition. She said the industry has a responsibility to step in and push an artist out of the spotlight until they get their personal act together. "Somebody needed to care about that girl, and I don't know if she had that." ● METRO



ASSOCIATED PRESS/FILE

Celebrity Tweets



"Watching SNL rerun...honestly, if there's a bigger quintuple threat out there than Justin Timberlake, I've yet to see it."



"An older gentleman (mid 60's) ended the conversation we were having with the phrase, 'Lates'. Made me feel insane."



"Happy National Tequila Day!"



"Love how going to a friends birthday turns into a slew of lies! grrr — oh well... happy sunday all"

Mulligan engaged

Carey Mulligan and her Mumford and Sons boyfriend, Marcus Mumford, are reportedly engaged, according to the Sun.

"Carey looked like the cat who had got the cream. She was wearing a

beautiful ring and didn't seem to mind who saw it," says a source who spotted the two at a party at a country estate in southwest England.

"They were stuck to each other like glue. She was doing most of the talking and he was hanging on her every word."

● METRO



GETTY IMAGES

► Carey Mulligan

Alex Skarsgard is single

After two years together, True Blood star Alexander Skarsgard has reportedly split from girlfriend Kate Bosworth, according to Us

Weekly. "It was very mutual," a source says. "And it happened a while ago." Skarsgard definitely seemed single while hitting the party circuit at San Diego Comic-Con last weekend, where sources say he got flirty with a brunette before leaving with her. "He's single, and he is loving the attention," the source says.

● METRO



► Alexander Skarsgard

Demi now OK as a role model

Despite the rough two years Demi Lovato has had — including a stint in rehab and announcing she'd suffered from addiction and eating disorders — the Disney star says she's

much more comfortable with fans looking up to her now, according to Hollyscoop. "I finally feel like I can inspire people. I can be proud of it," she said. ● METRO

Winehouse family plans memorial fund

Amy Winehouse's family are hoping for something positive to come out of their daughter's death and have announced plans to start the Amy Winehouse Foundation, according to the Daily Mail.

Her dad, Mitch Winehouse, says news of her death brought him the idea almost immediately.

"Straight away I said I wanted an Amy Winehouse Foundation, something to help the things she loved — children, horses — but also to help those struggling with substance abuse," Mitch said at her funeral Tuesday.

● METRO



PSST...
DOWNLOAD YOUR
FREE METRO
ANDROID APP HERE

Android is a trademark of Google Inc.

Pharmacy Technician
You'll know what to do.

Graduates of Success College gain the necessary skills and knowledge to work under the supervision of a licensed pharmacist, preparing and dispensing medication, compounding pharmaceuticals and managing inventory.

Find the right prescription for you.
ThinkSuccess.ca 1-800-662-3991

Success College
Get Ready.

Is that Carmindy in your pocket?



JANINE
FALCON
LIFE@METRONEWS.CA

Women hoping to copy Kate Middleton's wedding day DIY makeup will save plenty of Internet-trawling time by buying one thing for just \$4.99: The Carmindy App for iPhone and iPad (an android version is in the works).

By way of serendipity, the app's wedding-make-up tutorial mirrors the look the Duchess wore. Bonus: The Carmindy App recommends the right shade for your complexion.

"One of the things I get asked all the time is 'What colours do I wear for my skin tone and my hair colour?'" says the makeup artist best known for her weekly appearances on TLC's *What Not to Wear*.

No surprise: that's the heart of the app.

Users can customize an avatar with hair, eye and skin colour, then peruse a



GETTY IMAGES

"It's all a way for me to help women walk into drugstores and department stores and choose products."

CARMINDY

aspect of Carmindy's three books, Sally Hansen Natural Beauty Inspired by Carmindy isn't the only featured cosmetic brand.

"I talk about NARS, M.A.C, Rim-mel, NYC, Mil-lani — there isn't just one brand that everyone uses," notes Carmindy in an interview with Metro. "We do that 'splurge/save' thing — save on certain things, then splurge on the lipstick of the moment."

She also says the app will be updated with new recommendations as occasional products are discontinued.

In addition, there's a dash of self-help via a short video explaining how to do the mirror-mantras the artist developed during her own self-esteem challenged youth.

The Carmindy app took two years to develop because the technology has developed along with it, as well as the artistry involved. "For example, just getting the shading right on the avatars took a while; the techs had to figure it out because there wasn't an easy way to do it," explains Carmindy.

Updates become available as soon as a new feature is added, and new looks are planned for each season. Coming soon: techniques based on eye and face shape. As well, Carmindy fans can learn more by watching the artist apply app-related looks on her own face on YouTube.

"It's all a way for me to help women walk into drugstores and department stores and choose products," says Carmindy.



3

life

Fab frames

Updating your look with new glasses? Be sure to select the best style and colour for your face:

° The frame shape should contrast with your face shape. Long faces, for example, look good in round or square frames.

° Eye wear can be used to emphasize your personal best feature, such as rust colours to match red hair.

NEWS CANADA



For more beauty and fashion tips scan or visit metronews.ca/style

This isn't just big it's huge it's the height of the most glorious season in the entire year which means the sun is out in full force shining down its inspirational rays of golden motivation for me to soak up and now I finally feel the urge to start doing everything I've been meaning to get done all year long so my

BIG SUMMER

to-do list is growing as fast as the weeds on my lawn but I'm completely optimistic that almost all of half the items will get checked off including any that start with the words re-vamp re-fresh or re-do because although they all involve the tough job of shopping while trying to save money each one can be easily achieved

now that I'm here at Living Lighting's biggest

SALE

of the entire year so even when this summer season is long gone and what remains of my summer to-do list returns to the back burner I will still bask in the warm glow of my floor lamp (that I got on sale) while enjoying the tropical breeze of my ceiling fan (that I also got on sale) and remember the starry moonlit nights as I gaze up at my twinkling chandelier then out at my shining porch light (both which I got on sale) and so what if I eventually have to see my well-lit reflection in my vanity (yay sale) and bid farewell to my tan I will always have my bright future with Living Lighting to look forward to!

Living**LIGHTING**
Where solutions come to light.

6417 Lady Hammond Road,
Halifax, NS
Tel: 902-406-3939

560 Windmill Road,
Dartmouth, NS
Tel: 902-468-2810

www.livinglightingns.ca

Sale runs from July 16th to July 30th
Drop in before it's over, while selection is at its best.

Celebration of our nation

► This Saturday partake in Food Day Canada, which puts the spotlight on Canadian-sourced foods, by visiting a participating restaurant or inviting friends and family over for some eats



► This recipe makes three to four servings.

THE CANADIAN PRESS/H/O

banners outside their establishments to show they are participating.

Beef ribs are among the great Food Day Canada options.

Beef Ribs

Preparation:

- 1 Season ribs with salt and pepper. Roast on foil-lined baking sheet in a 120 C (250 F) oven for 2 hours until crispy and browned. Let cool. Cut into individual ribs.
- 2 In saucepan, sauté garlic and onion in a bit of vegetable oil until softened. Stir in tomato sauce, maple syrup, vinegar, tomato paste, peppers and Worcestershire sauce; bring to simmer. Remove from heat. Reserve about 1 cup of sauce for dipping.
- 3 Grill or broil ribs over medium heat 10 mins, brushing generously with barbecue sauce and turning occasionally. Serve. **THE CANADIAN PRESS/CANADA BEEF INC.**

Weekly Cookbook

easy grilling

simple recipes for outdoor grills



Easy Grilling: Simple Recipes for Outdoor Grills (Ryland, Peters & Small, 2011) offers more than 100 easy-to-follow recipes that cover everything from burgers, hot dogs and chicken wings to impressive options such as Duck Satay with Grilled Pineapple and Plum Sauce, Chicken Tandoori Kabobs, Char-grilled Tamarind Prawns, and Sesame Sweet Potato Packets.

You can also create your own flavour combinations using the Sauces, Marinades and Dips section, which tells you how to create unique tastes.

Other sections include Meat and Poultry, Fish and Seafood, Vegetables, and Salads and Sides.

Ingredients:

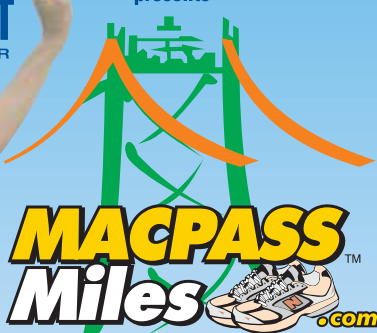
- 1.5 kg (3 lb) beef grilling back ribs (about 7 ribs long)
- Salt and pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- Canola oil, as needed
- 1 can (398 ml/14 oz)

- tomato sauce
- 75 ml (1/3 cup) each maple syrup, cider vinegar
- 50 ml (1/4 cup) tomato paste
- 30 ml (2 tbsp) each minced canned chipotle peppers and Worcestershire sauce

SUNDAY JULY 31 2011



presents



FREE ONLINE REGISTRATION

www.MACPASSMILES.com

CUT OFF DATE: FRIDAY, JULY 29 - 12:00 NOON

CHECK WEBSITE FOR SCHEDULING & UPDATES



9:25 OPEN Mile MENS START in HALIFAX / 9:40 OPEN Mile WOMEN START in HALIFAX
9:55 YOUTH Mile GIRLS START in HALIFAX / 10:15 YOUTH Mile BOYS START in HALIFAX
10:30 MARITIME HEART CENTER (untimed) FUN MILE STARTS in DARTMOUTH
11:00 Awards Ceremony begins at Holiday Inn Harbourview (next door)

A celebration of the culinary bounty of this country is taking place coast to coast Saturday.

The beauty of the event is that people can participate wherever they are — as long as a menu of all Canadian-sourced food is offered, says Anita Stewart, who founded Food Day Canada in 2003.

Since that time the culinary adventurer has also added nearly 300 restaurants to the roster of those who are taking part.

The restaurants have agreed to offer local fare to customers, either on the day or by offering menus for the week running up to Saturday. Most will fly red

Koo-E Nami



Royale Grill

Finest Korean Cuisine
and Table Grilling

kooenami.ca

New Korean Restaurant!

- Salad bar include with **all meals!**
- Korean BBQ buffet
- Lunch Specials

Vibrant, delicious & traditional!

Satisfaction of sight, smell & taste 1535 Dresden Row 425 - 4411

Easy, breezy, cool design

► Don't let your home turn into a sauna or an icebox ► Practical ways to stay stylishly cool during summer

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

I always thought that decorating seasonally was a bit of a foolish idea.

But not after this horribly hot summer I've experienced in southwestern Ontario. No longer can we rely on the weather patterns that we had as kids.

Remember when it was always super-hot in July and dead cold in January (with somewhat easy temperatures in between)?

I've given up depending on the weatherman and now am decorating for all four seasons. We must be ready for temperature changes at any given time. Here's a few decor ideas what will do you good at a moment's notice, no matter where you live.

Get good blinds

Choose a pale colour cellular window dressing to reflect heat away from the house in the summer months and help to keep the cool air inside.

During the cooler weather they will act as insulation to help keep the heat in.

During the two extreme

seasons you'll also save money on heat loss.

Use a thermostat programmer

Program your thermostat to turn on the air conditioning only during times when you will be home.

Keep in mind that for each degree you turn the thermostat up in the summer and down in the winter you will save \$100 annually on your heating/cooling bill.

Control your sweat

Washing and drying clothes, showering and cooking all increase humidity inside your home.

If these cannot be avoided, turn on a ventilating fan or dehumidifier to help extract warm, moist air and run the dishwasher and dryer during the nighttime, which is usually the coolest time.

Service your AC unit

Be sure to tune up your air conditioning unit and clean your ducts every spring to ensure they are working efficiently.

You know if you don't, chances are your unit will stop working on the hottest or coldest day just to get you back.

Breathe easy

Clean your furnace/air filter once a month. Blowing cold air is no different than blowing hot air and the filter can get just as dirty.



► A cellular-style shade helps filter light, and keeps hot and cold air from transferring to the window.

Decorating choices for the multi climates

Close the curtains or shades on any south- or west-facing windows and you'll save two to four per cent on cooling costs.

If available, turn on ceiling and table fans. A fan will allow you to raise the thermostat setting about four degrees and still feel cool. Make sure ceiling fans are turning in a counterclockwise direction (you should feel a cool breeze standing directly under the fan).

Only use the fan while you're in the room because these cool people, not places.

Cook with the microwave oven instead of the regular oven or grill outdoors. Better yet, eat out or go to your mama's.

Installing compact fluorescent lights in high-use fixtures saves about 66 per cent on lighting costs — these also lower the heat the bulbs put out.



► Lift wool rugs to expose cooler hardwood and tiled floors. Cool feet will give you a cool head.

There are better ways to make your voice heard

What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.com, choose your country and join the global conversation!

metropolitanpanel.com

Metropolitan Panel

MERCER'S BEST BUILT STRUCTURES ANY SIZE, ANY STYLE, WE BUILD THEM ALL

Nova Scotia's premium custom home, modular home & garage builder

- Every home purchased comes with a **FREE** 24x24 garage!
- Garages starting from **\$7,490** + HST

ANNIVERSARY SPECIAL!
Your Choice of 1 of 3 Upgrades:

- Upgraded garage doors
- Storage truss system
- Increased wall height of 9'

482.4767
990 Main St. Dartmouth
bestbuiltstructures.ca

Facebook icon, Twitter icon, BBB logo, NOVA SCOTIA HOME BUILDERS ASSOCIATION logo, HOME WARRANTY logo

Pick up and pack a summer picnic

► Food consultant and cookbook author Trish Magwood says to keep your planning simple, quick and easy



Summer picnics are a wonderful way to while away an afternoon. And when you're planning a picnic, it's important to keep it simple, says food consultant and cookbook author Trish Magwood.

"We all want a little bit of a break so we don't want to slave in the kitchen. We want to do things that are quick and easy for us with low stress."

Here are some tips:

- Put simple-to-eat items on the menu that you can prepare ahead. For example, gourmet sandwiches and a salad that travels well. Drinks, snacks and that's all you need.
- Have appropriate containers for food. "A good soft cooler is key," says Magwood, "so you're not having to lug around a big heavy cooler."
- Think refreshing finger food when you plan snacks. For example, cut up cucumber and celery



► Trish Magwood

and bring a store-bought or homemade dip. And everyone loves cut up watermelon.

- Keep any perishable foods cold or below 4 C, recommends the Canadian Food Inspection Agency. If possible, refrigerate or freeze food the day before you pack it.
- Pack lemonade crystals and mix them with water

in a thermos when you get to where you're going.

► Instead of carrying pop-up chairs, just bring a few blankets. "I use one for sitting on," says Magwood, "and the other for a ground buffet."

MOVE

A picnic is all about food ... and activities the whole group can enjoy, says Murray Seward, president of Vancouver-based Canadian Outback Adventures and Events, which organizes summer picnics for companies.

It's all about bringing the kid out in everyone, says Seward. Be sure to plan a game of baseball, catch, or old-style sack races. Or consider something different such as jenga, chess with an inflatable chess board, or create your own obstacle course with stations equipped with water pistols and other fun toys.

Picnic Chicken Salad

Magwood says this salad was always a summer lunch entertaining favourite — make-ahead, delicious and all-in-one easy to serve. Serves 8.

Ingredients:

- 1 large round loaf of bread (such as a boule or Calabrese loaf)
- ½ cup (75 mL) mayonnaise
- ½ tsp (2 mL) curry powder
- ¼ tsp (1 mL) paprika
- 3 cups (750 mL) cubed cooked chicken (about 3 breasts)
- 1 cup (250 mL) green grapes, halved
- ½ cup (125 mL) chopped celery
- ½ cup (125 mL) sliced almonds, toasted
- ¼ cup (60 mL) thinly sliced green onions
- 1 sweet red pepper, diced
- Salt and black pepper
- Romaine lettuce



Preparation:

1 Slice off the top 2 inches (5 cm) of the loaf in one big piece and set aside. Hollow out the bread, leaving a shell ½-inch (1 cm) thick.

2 In a medium bowl, stir together mayonnaise, curry powder and paprika. Stir in chicken, grapes, celery, almonds, green onion, red pepper, and salt and black pepper to taste.

3 Line the bread bowl with lettuce leaves. Spoon chicken mixture into the bread. Replace the bread top.

Wrap tightly in plastic wrap and refrigerate until picnic time. (You can make the chicken salad the day before, and you can fill the bread half a day in advance.)

4 To serve, using a bread knife, slice the boule into wedges into ready-made sandwiches.

Excerpt from: In My Mother's Kitchen by Trish Magwood. Published in Canada by HarperCollins Publishers Ltd. Copyright 2011 by Trish Magwood. All rights reserved.

Gender lines blurred



John O'Regan says he will perform honest, lyrical pop music when he brings his solo act Diamond Rings to the Halifax M Fest on Aug. 7 — but don't expect him to play the blues.

"I'm not from the Mississippi Delta, my songs don't have three-chord progressions," said Toronto-based O'Regan.

Diamond Rings mixes catchy keyboard and electric guitar hooks with intimate lyrics and O'Regan's personal eye-catching, gender-bending style.

He describes what he wears as "about blurring people's idea about what a man wears and what a woman wears, and what goes between those two designations."

O'Regan's purple tights



► John O'Regan, a.k.a. Diamond Rings, says a lot of his songs are about identity.

and trademark rainbow eye shadow are more than just fashion choices — it's all part of who is.

O'Regan didn't always show that side of himself. He was the frontman for The D'Urbervilles — a punk and blues band whose members wore more masculine attire.

He and his music changed while he was in hospital in 2008 with Crohn's disease.

"It got more personal, more introspective. I started recording music electronically with the computer and I started changing the way that I performed live."

Time again to raise a toast to Natal Day's patron saint



Halifax is turning 262 this summer and the entire sprawling super-city is getting in on the celebration.

The Alexander Keith Natal Day Festival runs today through to Aug. 1 and features 30 different events.

Natal Day weekend marks the founding of Halifax in 1749, the establishment of Dartmouth in 1750, and the mayoralty of the festival's official patron saint — Alexander Keith. Keith was born in the Scottish Highlands in 1795 and immigrated to Nova Scotia in 1817.

He founded the brewery that still bears his name and served as Halifax's mayor three times — in

Selected events

- **Natal Day Horseshoe Tournament:** Saturday at 9:30 a.m. at the Findlay Community Centre in Dartmouth.
- **Mother Goose Festival:** Saturday 10 a.m. at the Dartmouth Ferry Terminal parking lot.
- **Maritime Heart Centre**

Macpass Miles bridge run: Starts Sunday at 9 a.m.

- **Gospel music:** Sunday from 1-5 p.m. at Halifax Common.
- **Mayor's Halifax Tea Party in Public Gardens:** Sunday at 2 p.m.
- **Steven Page and band play a free show at Alderney Landing:** Opening acts start Sunday at 5 p.m.

1843, 1853 and 1854. Raise a glass in his honour.

The party starts today at noon with the Natal Day flag raising at Halifax's Sackville Landing.

Tomorrow night lightens the mood with Natal Day Comedy Night at Casino Nova Scotia. The adult-only show is hosted by Candy Palmater and doors open at 7:15 p.m.

Saturday morning sees

the CFB Halifax pancake breakfast. The free breakfast starts at 8:30 a.m. and goes until 10:30 a.m., or until the first 1,500 plates have gone. It's in the Festival Tent on the Halifax Common.

Saturday also sees the Natal Day Concert on the Halifax Common from noon to 8 p.m.

Go to natalday.org for a full listing of events.



For the Love of Summer.

Metro loves summer, and so do Metroropolitans. But why? We asked The Metropolitan Panel: What are your Top 10 things to do in the summer? Here's what you had to say!

- 1. ROAD TRIP!**
- 2. Curl up with a good book/magazine/iPad**
- 3. Eating ice cream**
- 4. Travel abroad**
- 5. Heading to the cottage/cabin/campsite**
- 6. Barbecue everything in sight**
- 7. Hitting the beach**
- 8. Drinks on a patio**
- 9. Catch a summer blockbuster**
- 10. Relaxing picnics**

Metroopolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

metropolitanpanel.ca



**Metropolitan
Panel**

4
sports

Quoted



"He was going to come in and really help us win more games, but it didn't work out."

REDSKINS LINEBACKER LORENZO ALEXANDER ON DONOVAN MCNABB, WHOSE TIME IN WASHINGTON IS OVER AFTER ONLY A YEAR. THE MINNESOTA VIKINGS ACQUIRED THE VETERAN QUARTERBACK FROM THE REDSKINS LAST NIGHT IN EXCHANGE FOR A SIXTH-ROUND DRAFT PICK.

"Relationships broke down, and now he's not here, but you can't really focus on that. You've got to continue to move forward."

ALEXANDER

Blockbuster day for Jays

► Toronto GM had been trying pry Rasmus from Cards since last season

The first order of business for Toronto general manager Alex Anthopoulos when newly acquired outfielder Colby Rasmus joins the Blue Jays is to have his "elephant in the room" conversation.

Rasmus, the centrepiece in a pair of blockbuster deals Anthopoulos made with the Chicago White Sox and St. Louis yesterday, comes to Toronto with rumblings of a feud with the Cardinals coaching staff that sped up his departure.

Anthopoulos has long had his eye on Rasmus, a 24-year-old former first-round pick who was batting .246 this season with 14 doubles, six triples, 11 home runs and 40 RBIs. He says he's isn't fazed by the reports of Rasmus butting heads with St. Louis manager Tony La Russa.

"I always like to have the 'elephant in the room' conversation," the Toronto GM said in a press conference prior to the Jays (51-52) home game against Baltimore (41-58). "I had it with Brett (Lawrie), I had it with Yunel (Escobar), and I

plan on having it with Colby."

"Let's talk about the past once. And once we have that conversation it's over, we don't talk about it again. We're going to start fresh and we want to know what makes him happy and how we can get the best out of him."

The eight-player deal also brought utility player Mark Teahan and three relievers to Toronto. The Jays sent outfielder Corey Patterson, right-handed starter Edwin Jackson and relievers Marc Rzepczynski and Octavio Dotel to St. Louis. The Cardinals will also receive three players to be named later or cash considerations.

In exchange, Toronto added Rasmus and relievers Brian Tallet, Trevor Miller and P.J. Walters.

Jackson had been acquired earlier in the day as part of a four-player deal with the White Sox. He and Teahan came from Chicago for long-serving Toronto reliever Jason Frasor and pitching prospect Zach Stewart.

THE CANADIAN PRESS

Frasor's farewell



The Jays' bullpen has been shaken up dramatically, especially the departure of Jason Frasor to the White Sox.

- The 33-year-old right-hander leaves as the franchise leader in games pitched.
- "Of all the places I could have gone, I can't believe it's Chicago," said Frasor, a native of the Chicago area. "It's going to be all right I think. I'm really excited about meaningful August-September baseball."
- Frasor had an earned-run average of 2.98 in 44 games this season.

Angels' Santana rises above Cleveland batters

Ervin Santana pitched the first solo no-hitter for the Angels in nearly 27 years, fanning 10 and leading Los Angeles over the Cleveland Indians 3-1 yesterday.

Santana allowed only two runners — a first-inning error and an eighth-in-

ning walk. Cleveland's run came when Ezequiel Carrera reached on a routine grounder off of short stop Erick Aybar's glove.

Carrera stole second, went to third on a ground-out and scored on a wild pitch. THE ASSOCIATED PRESS



► Toronto's new centrefielder Colby Rasmus slides into home during a game with St. Louis earlier this month.

Sports in brief

Titans bringing in Hasselbeck: Source

NFL. Matt Hasselbeck is heading to the Tennessee Titans, according to a person familiar with the agreement.

The quarterback spent

10 years with the Seattle Seahawks.

THE ASSOCIATED PRESS

Rose to serve time for DUI

NBA. A Michigan judge sentenced former Toronto Raptor Jalen Rose to 20 days in jail yesterday for a drunk-driving crash along a snowy suburban Detroit road in March.

THE ASSOCIATED PRESS



► Ervin Santana

Harris zooms in on MacPass

► Elite mile removed from 17th annual race ► Top local eager for open mile ► Four Halifax-to-Dartmouth races start at 9:30 a.m. on Sunday



MATTHEW WUEST
@METRONWS.CA

Geoff Harris will be able to relive his first MacPass Mile for years to come.

The Halifax native, one of the star local runners competing in the open mile, will have tie-clip cameras attached to the front and back of his shirt when he races on the Macdonald Bridge on Sunday.

Organizers hope to use the footage to jazz up their promotional material.

"I'm hoping I'm not getting strapped down with three pounds of (electronics) but I think it's a really cool idea," Harris said. "I'm hoping they'll give me some of the footage so I can say, 'This is what I look like when I'm racing.'"

The 24-year-old's main track discipline is the 800 metres, which is about half the distance of the mile. The closest he's come to running a mile in competition is the 1,500, which he's done as fast as 3:49.

He's hoping to do the MacPass Mile in slightly more than four minutes. The all-time record on the course is 4:02, set by Jamie

"If you have the wind in your face out there, there's nothing to protect you. It's very dependent on the weather, what your time will be."

GEOFF HARRIS, ON THE MACPASS MILE

Blanchard in 2002.

"The bridge is about the hill," Harris said. "You've got to climb a hill for the first half of it. It's definitely a challenging race. It will be interesting."

Scheduling problems have prevented Harris from doing the MacPass Mile in past years, but he said he's always wanted to run it. Although he's supposed to be taking a month and a half off because of a foot injury, he's going against doctor's orders on Sunday.

"I was like, 'I will give you a month and a half of complete rest, but I am doing the MacPass Mile for sure,'" he said. "I have every intention to give a full effort, push myself and go as fast as I can."



► Geoff Harris trains at Huskies Stadium in 2009.

RYAN TAPLIN/METRO

Rautins, Shepherd can't lift Canada past France

Toronto's Andy Rautins scored 18 points in a losing cause yesterday as Canada's men's basketball team dropped an 86-69 decision to France in exhibition play.

Rautins, a guard with the New York Knicks, is the son of Canadian coach Leo Rautins.

Former Halifax Rainmen small forward Jevohn Shepherd added 15 points, while Vancouver's Levon Kendall grabbed 13 rebounds for the 23rd-ranked Canadians.

San Antonio Spurs guard Tony Parker led 14th-ranked France with 16 points, while Nicolas Batum added 15.

The game, played in Toulouse, France, was a significant improvement over Tuesday's season-opening game — a 106-44 loss to the French.

The games are part of Canada's preparations for the FIBA Americas tournament this fall, which is the qualifying event for the 2012 London Olympics.

The Canadians play Bulgaria on Friday and Italy on Saturday. They'll then face the Czech Republic twice to finish their European tour before returning home.

THE CANADIAN PRESS

HELP WANTED

General Help

All Unemployed Start Now!

Sports Minded & like loud music!
Work F/T & Start @ 1pm!
Travel Across Canada! (optional)
Great hours & Great pay!
No Experience & Paid Training!
Paid Weekly up to 20\$/Hour
Plus Benefits!

Only 8 Positions Available!
Holly 1-866-526-9972

Business Opportunities

DREAM ABOUT YOUR OWN BUSINESS?

Invest in an affordable **JAN PRO** franchise starting as low as \$2500 with training in all aspects of business start up and growth.

YOU WILL REALIZE YOUR DREAMS!

Contact Bob or Norma Silverstein at 902-481-2100 or norma.silverstein@jan-pro.ca

COME GROW WITH.....

JAN PRO
CLEANING SYSTEMS



Skilled and Technical Help

Winmar Halifax is looking for 2 experienced Red Seal or equivalent carpenters and a carpenter helper. Please send resume to JohnDrury@winmar.ca or fax to 902-468-2149.

Real good guys call John 902-468-5899

WINMAR

AUTOMOTIVE

Cars & Trucks for Sale

2009 Mazda 3 sport
4cyl. Auto, Loaded, Leather, Sunroof, 61,000kms Stock #U86217
\$18,985
AFM Motor **MART - 407-4200**

Cars & Trucks for Sale

LANEWAY
945 Sackville Drive Lower Sackville (902) 497 4644 lanewayauto.com

05' Chevrolet Equinox
Loaded with Leather, Sunroof, AWD, V6 with Michelin Tires
Only \$9,995

Cars & Trucks for Sale

2010 Ford Mustang Coupe
6cyl. 5 speed, Loaded, Cloth 13,000kms Stock #U86149
\$24,985
AFM Motor **MART - 407-4200**



Cars & Trucks for Sale

06' Mazda 3 Hatchback
Loaded with Leather and Sunroof 5 Speed 4Cyl
Only \$9,995

09' Dodge Challenger SRT8 Coupe
6.1L V8 HEMI, 425 HP at 6200 RPM 6 Sp Man, 11,000 kms
\$41,995

Cars & Trucks for Sale

2008 Ford Mustang Convrt
6cyl. Auto, Loaded, Leather 33,000kms Stock #U86161
\$23,985
AFM Motor **MART - 407-4200**

2008 Subaru Impreza
4cyl. Auto, Loaded, Cloth, AWD, 60,000kms Stock #U85805
\$14,985
AFM Motor **MART - 407-4200**

2005 Dodge Ram 1500 Laramie
V8, Loaded, Leather, 4x4 87,000kms Stock #U86166
\$17,985
AFM Motor **MART - 407-4200**

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Cars & Trucks for Sale

2007 Pontiac G5 Sedan
4cyl. 5spd, A/C, Cloth, 79,000kms Stock #U85952
\$8,985
AFM Motor **MART - 407-4200**

2008 Chevrolet Silverado Reg Cab
6cyl. Auto, A/C, 4x4 51,000kms Stock #U86174
\$16,985
AFM Motor **MART - 407-4200**

2008 Hummer H3 Alpha
V8 Loaded, Leather, 4x4, Very rare, 50k kms Stock #U85535A
\$29,985
AFM Motor **MART - 407-4200**

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Cars & Trucks for Sale

Cars & Trucks for Sale

Condos, Townhouses & Duplexes For Sale

Condos, Townhouses & Duplexes For Sale

Landscapers/Gardening

MISCELLANEOUS

Miscellaneous

Bargain Brothers
Liquidation613 Main St, Dartmouth
(corner of #7 Hwy & Forrest Hills Parkway)
405-4610

Now Open

NEW
Stock Arriving Daily

- *Scrapbooking
- *Dollar Items
- *Giftware
- *Brand Name Clothing
- *Tools And Hardware
- *Party Supplies
- And Much Much More

Hours
Mon-Thurs: 10am-6pm
Fri: 10am-8pm
Sat: 10am-5pm
Sun: 10am-4pm

Miscellaneous

Massage/Therapists

John Panter, Certified Rolfer™

Are you
tired of
chronic
pain...?

902 425 2612 • fareast@auracom.com

Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small
demos, unit clear-outs, basements, yards
and construction - call 449-0232

Miscellaneous

Miscellaneous

Pleasant Hill Cemetery *25% off**
Burial Plots
425-6922 • Halifax
*offer ends 07/29/11
Special pricing available on bronze memorials • Check out our new green burial section

General Services

General Services

PATCHWORKS ASPHALT SERVICES
PAVE YOUR DRIVEWAY & SAVE!!

- We Build New Driveways
- We Repair Cracks & Pot Holes
- We Reseal Driveways
- We Build Gravel Driveways
- We Spray Seal Driveways
- All Work Guaranteed

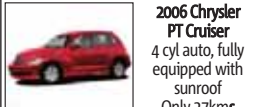
FREE ESTIMATES
471-7277
SERVING ALL OF HRM • www.PatchworksPaving.ca • 4919640

**ADMITTING YOU
WANT TO WIN
PRIZES & GET
GREAT DISCOUNTS
IS THE FIRST STEP.**

REGISTER AT CLUBMETRO.COM



DARTMOUTH
Where Your Service Comes to Save!
469-9050 • DDODGE.COM

2009 Dodge Ram
Sport
5.7L HEMI, 4X4,
fully equipped
Only 69kmsSTK# 11RC2910AA
Just \$25,995 or \$115 WEEKLY OAC2008 Dodge Ram
TRX-4
5.7L HEMI, 4X4,
fully equipped
Only 79kmsSTK# DC199707
Just \$19,995 or \$89 WEEKLY OAC2006 Chrysler
PT Cruiser
4 cyl auto, fully
equipped with
sunroof
Only 27kmsSTK# DC317593
Just \$8,995 or \$59 WEEKLY OAC2009 Chrysler
PT Cruiser
4 cyl auto, fully
equipped
Only 37kmsSTK# DCS19401
Just \$12,995 or \$59 WEEKLY OAC2009 Pontiac Vibe
4 cyl auto, fully
equipped
Only 52kmsSTK# CH628183A
Just \$21,995 or \$99 WEEKLY OAC2010 Ford E-150
Cargo Van
Only 20kmsSTK# CH312175A
Just \$22,995 or \$89 WEEKLY OAC2008 Chrysler 300C
5.7L HEMI, fully
loaded
Only 54kmsSTK# CH201314
Just \$21,995 or \$99 WEEKLY OAC2010 Dodge Grand
Caravan
3.3L, auto, fully
equipped with
Stow N' Go
Only 35kmsSTK# DC325724
Just \$20,995 or \$99 WEEKLY OAC2008 Jeep Liberty
North Edition
3.7L, auto, 4X4,
fully equipped
Only 19kmsSTK# CH112120
Just \$19,995 or \$89 WEEKLY OAC2007 Liberty Sport
3.7L, auto, 4X4,
fully equipped
Only 49 kmsSTK# CH557322
Just \$15,995 or \$89 WEEKLY OAC

2008 Mazda
Tribute 4x4
6cyl. Auto,
Loaded, Cloth
98,000kms
Stock # U85709A
\$15,985
AFM Motor MART - 407-4200

PETS

Dogs

2009 Ford Ranger
Ext Cab
6cyl, Auto, A/C,
4x4,
115k kms
Stock #U86139
\$15,985
AFM Motor MART - 407-4200

CAVELIER KING CHARLES SPANIEL PUPS
needed, dewormed, vet checked & healthy.
3 - 6 mos - \$400 each, trained. 4 - 3 mos -
\$900 each. 1 - 8 mos/ male \$400. 2 females -
3 yr/ 5 yrs. 1 male 3 1/2 years all to be fixed.
1 Westie-male for breeding - \$500.
2 shih-tzu's, 1 male, 1 female for breeding
selling together \$1000. 902-765-0885

PERSONALS

Personals

A Mature Escort with the
Body of a 21-yr. Old!
In/Out Service. Full Service.
www.RedHotCougar.com/ Lana at 209-6852

Business Personals

Smokers QUIT NOW!
BEST NON drug, world proven therapy.
Soft Laser heals nicotine cravings - Get your
breathe back now! HFX 452-3138



Red Door REALTY
NEW LISTING
61 Grennan Drive, Lower Sackville
\$189,900 MLS® 40008047
New bath, hardwood floors,
huge deck and much more!
Michael Gillan
902-292-7786
michael@reddoorrealty.ca

Garage/Yard Sales

OPEN THIS SUNDAY

FLEA
MARKET
OVER 100 TABLESBEDFORD PLACE
MALLEVERY SUNDAY
9AM-2PM6' Table: \$16 • 8' Table \$22
CALL TODAY 902-463-2561HARBOURVIEW
WEEKEND MARKETSomething
for Everyone!

Meats • Produce
Baked Goods • Antiques
Jewelry • Candy • Tools
Books • Crafts • DVDs
& Much More!

OPEN
SAT AND SUN
9AM-4PM42 Canal St, Dartmouth 407-3323
harbourviewmarket.com

Forum Flea Market
(since 1975)
Windsor + Almon St.
NEW SELLERS:
Buy 1 table, get 1 free!
200+ Tables
(Over 1000 Buyers)
Spaces \$15
Free Space for Fundraisers
Sunday 9-2pm
463-1406

HOUSEHOLD
SERVICES

General Services

CARPET
Quality Plush /Berber Will do LR & Hall fr
\$389. Carpet pad & install included (25yrs)
Phil, (902) 444-4766

Trades

ADANAC CONSTRUCTION Free Estimates!
Carpentry, Siding, Windows, Doors, Decks
and Floors. We build Sheds, Garages etc...
FULLY INSURED Call Stephen at 469-0536

CHIMNEY 'S RESTORED
Chimney Repair Specialist. 30 Years exp.
Licensed Brick Layer. Work Guaranteed!
902-462-4884

Paving Special
50% off if you book now!

First Class Pavers
(902)209-2021

WANTED



AREA STIMULATION PROGRAM: 7 homes in
Nova Scotia market area will be given the op-
portunity of having the Interlock® Roofing Sys-
tem installed on their home at substantial
savings in return for helping us create market
awareness for the purpose of neighborhood
product visibility.

Interlock Roofing Systems are of interest to
homeowners across North America who want
a durable and beautiful roofing solution.
Interlock needs to quickly find new areas to
feature the Interlock Roofing System and is
prepared to offer substantial savings to the
next 7 homeowners that qualify.

Orders will be discounted on a first come first
served basis. Interlock Roofing Systems are en-
vironmentally safe, come in many styles and
colors, and are backed by a **Lifetime Limited
Warranty**, 50 Year Transferable Non-Prorated.
Maritime Permanent Roofing Ltd. is one of
Nova Scotia's largest installers of metal roofing
systems. Tens of thousands of satisfied home-
owners across North America will never re-
roof again with Interlock Roofing System.
100% Financing Available. Please call im-
mediately if you are thinking of re-roofing, as this
is a limited time offer.

1-877-446-4407

1-902-864-0700

MaritimeMetalRoofing.com

MERCHANDISE

Antiques & Art

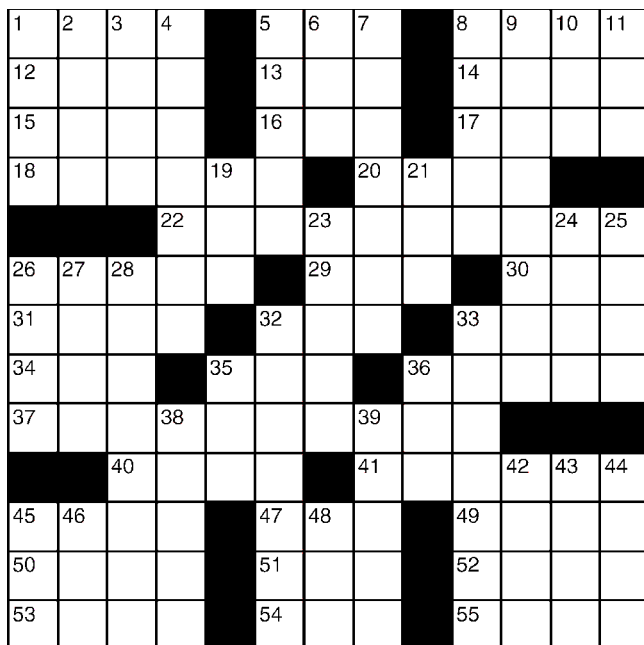
Jerzy's Antiques & Collectibles 902-885-3453
Open Thursday to Sunday 10am to 6pm
21017 highway #7
between Mushaboom & Sheet Harbour

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

Crossword

Across

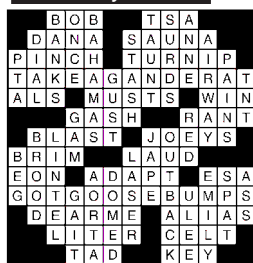
1 Long story
5 Pouch
8 Advantage
12 "— have believed it?"
13 Former Pan Am rival
14 Check
15 Greek vowel
16 Conger, for one
17 McNally partner
18 Nearsightedness
20 Blunder
22 Relax for a bit
26 Approach bedtime
29 Numerical prefix
30 Sister
31 Saharan
32 Bashful
33 No from the White House
34 Chaps
35 Will Smith biopic
36 Be philanthropic
37 What I'd've done "if I knew you were comin' "
40 Narrative writing
41 Computer whiz
45 Medal earner
47 Center
49 Marx or Malden
50 MasterCard alternative, for short
51 Schedule abbr.
52 B.P.O.E. members
53 Punch partner
54 Shaft of light
55 Medicinal amount
Down
1 Emulate Michael Phelps
2 "Hi, sailor!"



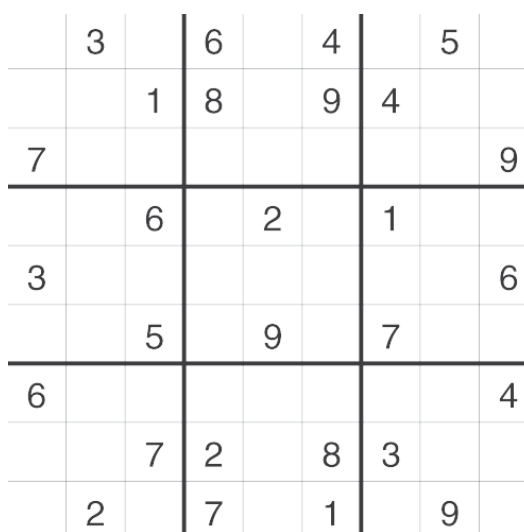
3 Attend
4 Made suitable
5 The turf in "surf and turf"
6 Shock and —
7 City in Alberta
8 See 20-Across
9 Wounded with sound
10 Martini ingredient
11 Conclusion
19 Author Fleming
21 Kyoto cummerbund
23 Body of principles
24 Car
25 Recognize
26 Mary's follower
27 Neighborhood
28 Worked unskillfully (with)
32 Horror movie villain, often
33 Like some sweaters
35 Commotion
36 — out a living
38 Strong adhesive
39 Cornered
42 Head light?
43 Annoys
44 Otherwise

45 Meccan pilgrimage
46 Ostrich's cousin
48 Astrich Hagen

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	2	8	4	9	5	7	3	1
5	3	1	7	2	8	6	9	4
4	7	9	1	6	3	2	8	5
8	5	7	3	1	6	4	2	9
1	9	2	5	4	7	8	6	3
3	4	6	2	8	9	5	1	7
2	1	5	6	3	4	9	7	8
9	6	4	8	7	1	3	5	2
7	8	3	9	5	2	1	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

dear dear agni yew complimented mi today. meye shining personality that brings gloriee to your dai. there are such few peepole that understand mi 4 who i m. hour lives weel never be separte. the hare can be fownd on my belli now. tape did not work but super glue did the trick. it is a constant presents. the tickle reminds me of you. forever my oneness. **BELOVED**

Lover Man, Geography really sucks. But no matter the distance and circumstances, my love for you will never die. Forever and ever. Promise <3 **LOVER GIRL**

My Kisser Boy, Love u when u KISSED me babes..it wasnt long time ago, beautiful experience - yr fingers have magic when they write :) thank u.

KISS YOU WITH PASSION EVERY TIME

Today's horoscope

♈ Aries March 21-April 20 Start thinking seriously about developing an artistic project on which you have made several false starts.

♉ Taurus April 21-May 21 Some people always seem to put their emotions before logic, and you will meet one such individual today.

♊ Gemini May 22-June 21 Try to remember that words can hurt as well as heal.

♋ Cancer June 22-July 22 There is no point in taking anything too seriously today. Instead focus on something that makes you smile.

♌ Leo July 23-Aug. 23 You may want to start something new but there is no need to rush.

♍ Virgo Aug. 24-Sept. 22 What goes through your mind over the next few days will be the blueprint for your life in the months ahead.

♎ Libra Sept. 23-Oct. 23 Go where there is music playing and people laughing — it's where you'll feel most at home.

♏ Scorpio Oct. 24-Nov. 22 If you hesitate for even a minute, an opportunity could pass you by. Act quickly.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 You may not agree with a friend but don't let it come between you.

♑ Capricorn Dec. 22-Jan. 20 You've allowed yourself to get too attached to something of a material nature.

♒ Aquarius Jan. 21-Feb. 18 It will pay you to let loved ones know what you are up to today.

♓ Pisces Feb. 19-March 20 It may be tempting to try to get through your workload in one mad rush. You must resist that urge.

● SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE *Unbeatable*

Las Vegas Air + 3 Nights + Cirque du Soleil

\$595

from + taxes & fees \$127

INCLUDES accom on the Strip. **BONUS** tickets to select Cirque du Soleil or other Las Vegas show included.

UPGRADE to 4-star accom from \$9 per night.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!

Available on the App Store

metr play



**SALE
ENDS THIS
SATURDAY!**

the wait is over.



www.ElantraSport.com

**PAYMENT
INCLUDES
TAX, FREIGHT
& PDI WITH
\$0 DOWN!**

\$76 /wk*

THE HYUNDAI 2012 ELANTRA SPORT PACKAGE INCLUDES:

All the options of the Elantra GL PLUS: Custom Alloy Wheels • Rear Spoiler with Integrated Tail Light • Hood Deflector • Splash Guards & more.

PURCHASE: \$19,607**

**YOUR CHOICE:
NO CHARGE
DVD PLAYER &
CARGO COVER
OR EXTRA \$600
GAS CARD!**



SANTAFE

With equal parts sophisticated styling, resourceful utility and road-holding agility, the new 2011 Santa Fe does it all.

FROM ONLY:

\$82 /wk*

ALL PAYMENTS INCLUDES TAX, FREIGHT & PDI WITH \$0 DOWN!



**ELANTRA
TOURING**

The 2011 Elantra Touring has impressive interior space combined with European styling, fit and finish to deliver practicality in a perfect package. **INCLUDES CARGO COVER AT NO EXTRA CHARGE!**

FROM ONLY:

\$52 /wk*

HYUNDAI  **DOUBLE
SAVINGS
EVENT**

0% 84 MONTHS
RIGHT NOW GET FINANCING FOR UP TO

**AND
SAVE
30¢
UNTIL 2012***

ON SELECT MODELS.

** Price is plus tax, freight, PDI. *PAYMENT INCLUDES TAX, FREIGHT & PDI WITH \$0 DOWN! See dealer for details.

3625 Kempt Road
Halifax, Nova Scotia
Phone: 902.982.3980
www.steelehyundai.com

Steele
HYUNDAI